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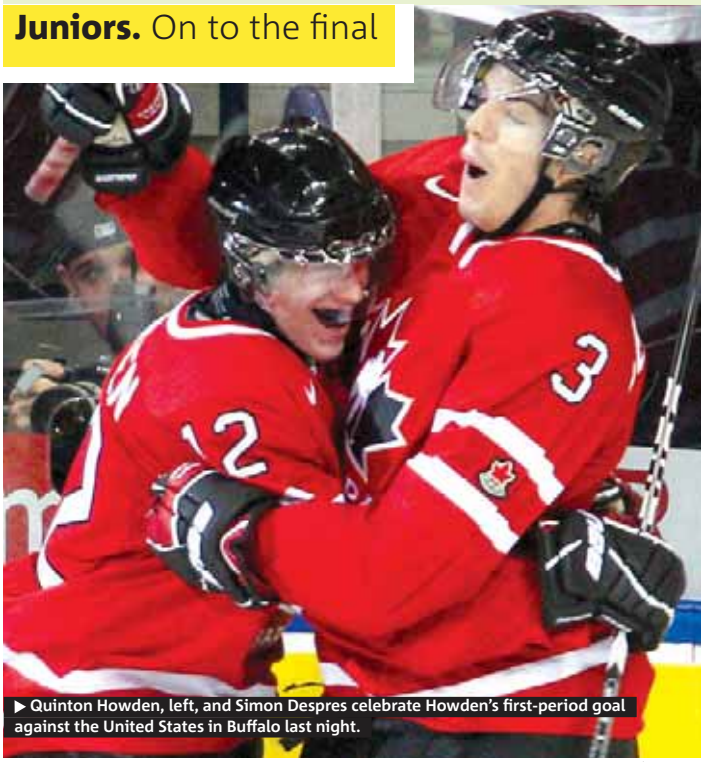
MASSIVE BLAZE SHUTS DOWN YONGE
HISTORIC BUILDING WAS IN LIMBO {page 3}

MARRIED
SHANIA RINGS IN 2011 BY TYING THE KNOT DISH {page 21}

TORONTO metro®
Tuesday, January 4, 2011
www.metronews.ca
News worth sharing.

Juniors. On to the final



▶ Quinton Howden, left, and Simon Despres celebrate Howden's first-period goal against the United States in Buffalo last night.

RICK STEWART/GETTY IMAGES

Canada dispatches Americans

Canada got a measure of revenge against the U.S. last night for last year's loss in the World Juniors gold medal game with a 4-1 semifinal victory over the Americans in Buffalo. Canada will now play Russia in the final tomorrow.

Blame it on the brain

Resisting temptations difficult, making resolutions hard {page 10}

U.S. navy video comes to light

Ship officer's actions called 'clearly inappropriate' {page 14}

A wealthy new year indeed

▶ Report: Seventeen Scarborough call centre workers split $50-million Lotto Max ticket ▶ Draw has not been won by a single ticket since 2009 inception

Employees of a Bell call centre in Scarborough arrived at work yesterday to learn that they were really going to have a happy new year.

Seventeen workers and two managers of Bell's Ontario West control centre were told they will split $50 million from Friday's Lotto Max draw, the first time the jackpot has been won by a single ticket.

Employees on other floors of the building, which all open to a central atrium, could hear the screams and cheers of the winning ticket holders shortly after 9 a.m., said Theresa Laird, a marketing manager for organic food distributor Neal Brothers. Her mother works on the fourth floor and could hear the celebrations above.

The winning ticket was checked Sunday at an Esso station, where an attendant says a shaking woman handed the ticket over and waited anxiously for the results.

"I checked the ticket in the machine and it said 'big winner,'" said Esso employee Kumar Arumugam, who works at the Victoria and McNicoll location.

"The (Ontario Lottery and Gaming Corp.) then called and said to check the ticket again. Then it came up $50 million. I was shaking, too."

The OLG prize office was closed yesterday in lieu of the New Year's statutory holiday, but it reopens today.

TORSTAR NEWS SERVICE

Kumar Arumugam, who works at the Esso station at the corner of Victoria Park and McNicoll, said he sold and checked the winning $50-million Lotto Max ticket.

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DARREN CALABRESE/THE CANADIAN PRESS

▶ Firefighters take a break from battling a blaze at Yonge and Gould streets yesterday, just a block north of Yonge-Dundas Square.

Fire brings down historic building

Strength, courage, quick thinking guide two firefighters to safety after they fell into wall of flames and thick smoke ◐ Cold leaves uniforms covered in ice, icicles hanging on visors

As firefighters sift through the wreckage of a historic building on Yonge Street that went up in flames early yesterday, neighbours and heritage experts are frustrated nothing was done to save it sooner.

The six-alarm blaze brought 32 trucks and more than 125 firefighters to 335 Yonge St., a three-storey brick building built in 1847 that once housed the storied Empress Hotel.

Just after 6 a.m., two firefighters fell into the flaming building from the roof of the neighbouring HMV. They were pulled out using a risky manoeuvre — a fire hose filled with water was dropped down and the trapped men were pulled out, one at a time.

Three firefighters were sent to hospital.

Eight months ago, the building's north wall collapsed. It had housed six businesses, including the popular student haunt Salad King, until April.

Since April, the city and property owner have been in a tug-of-war over the building, which is owned by a numbered company administered by Noorali Lalani.

In May, the city applied to designate the building a heritage site. On July 2, the company filed a demolition request after its engineers recommended demolition as the best option. City council responded on Sept. 10 by voting to designate it as a heritage site and said it would send in its own engineers to assess its stability.

"This is one of the most important streets and neighbourhoods in the city ... it's in a part of the city where millions of people walk by. How can a building have been left fallen down for eight months and it's just left sitting there?"
SHELDON LEVY, PRESIDENT AND VICE-CHANCELLOR OF RYERSON UNIVERSITY, WHOSE LIBRARY AND BOOKSTORE ARE '20 FEET FROM THE FIRE.'

It is still unclear what sparked the fire. Hydro and gas were believed to have been shut off prior to the blaze because the site was "unsafe."

HMV, at 333 Yonge St., was closed yesterday but was trying to open today.

Ryerson University is expected to be open today.

TORSTAR NEWS SERVICE

Psst! Ontario has tritium

The United States is conducting a feasibility study to see if the province can provide the answer to the shortage south of the border of helium 3 — which is used in border scanners that can detect smuggled nuclear bombs.

Helium 3 comes from tritium, which Ontario's power company extracts from heavy water used in its CANDU nuclear reactors. New Brunswick and Quebec also have CANDU reactors, but don't have the technology to separate tritium from the water.

The study will examine what needs to be done to facilitate the shipment of tritium to the U.S., which has the technology to turn it into helium 3, said Ted Gruetzner, spokesman for Ontario Power Generation.

OPG extracts 220 litres of tritium a week — about 11,400 litres a year.

U.S. demand for helium 3 is expected to reach 76,330 litres this year, far outpacing the total available supply of 47,600 litres and projected annual domestic production of 8,000 litres.

THE CANADIAN PRESS

Man critical after crash near Niagara River

A 21-year-old Mississauga man is charged with impaired driving after a car came close to ending up in the Niagara River in Niagara-on-the-Lake early Sunday after it crashed through a fence, hit some trees and fell down the river embankment.

The driver and two Mississauga men ages 20 and 21 escaped with minor injuries. But a third male passenger from Ancaster had to be extricated from the vehicle using high-angle rescue techniques and remains in critical condition.

Charged with impaired driving causing bodily harm is Sandeeps Sidhu-Brar. THE CANADIAN PRESS

1 news

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H1N1 letdown blamed for low vaccination rates

40-45% of Ontarians typically get seasonal flu vaccine each year, but rate likely to be 30-35% this season: Doctor

Did swine flu cry wolf once too often?

The ailment might well have caused more heated headlines than dangerously heated heads in Ontario since it made its global debut in the spring of 2009.

But the fizzled H1N1 phenomenon has now helped send vaccination rates in the province plummeting, leaving it open to a completely different and more dangerous influenza strain this winter, several infection-control experts say.

Vaccination rates for seasonal flu are likely down as much as 10 to 15 per cent from normal Ontario levels, leaving the province vulnerable to a virus that is eight to 10 times more lethal to older people, says Dr. Allison McGeer, head of infection control at Toronto's Mount Sinai Hospital.

VINCE TALOTTA/TORSTAR NEWS SERVICE

▶ Dr. Allison McGeer

"We're having a very, very big influenza outbreak this year," McGeer says. "And vaccination rates are lower this year than they have been for quite a while against seasonal flu and we're paying for it with a lot of hospital admissions."

Known as H3N2, this year's virus first appeared during the global pandemic of 1968. Since then, it has entered the regular seasonal flu rotation, showing up in slightly mutated form every two to three years, McGeer says.

It is especially dangerous to people 65 and older — who are eight to 10 times more likely to die or be hospitalized from the virus than the much-hyped swine flu that made its debut in two stages in the spring and winter of 2009.

Yet, McGeer says, it is likely the pounding publicity surrounding what proved to be a relatively mild ailment that has helped inoculate people from flu fears this time round, causing many to forego a seasonal vaccination.

McGeer says seasonal influenzas will typically kill 1,500 people each year in Ontario and that more than 200 have likely died of the ailment already, early in this flu season.

"This is going to be a bigger-than-average year."

TORSTAR NEWS SERVICE

Dodgeball crew dares to play for 36 hours

As part of the Stephen Lewis Foundation's A Dare to Remember campaign, a group of Toronto dodgeball players are seeking to break the Guinness record for the longest game of dodgeball by playing 36 continuous hours.

Twenty young Torontonians will try to break the current 24-hour record and raise money for the campaign, which raises funds for AIDS in Africa.

The game starts Friday at 10 p.m. and ends Sunday at 10 a.m. at Just4Fun Sporting Club, 213 Sterling Rd., near Bloor and Lansdowne.

For more information, go to facebook.com/dodgeballdare. METRO

$6K

The players are aiming to raise $6,000.

Star. Power

▶ Ryan Gosling checks in at the Air Canada counter at Pearson International Airport yesterday for a flight to Los Angeles.

JOHN R. KENNEDY/TODD GILLIS/FOR METRO

Gosling gets back to work

Canadian actor Ryan Gosling, who spent the holidays with his family in southern Ontario, left for Los Angeles yesterday to start filming a political drama with George Clooney. Brampton actor Michael Cera, who starred in Scott Pilgrim vs. the World, left for L.A. on the same flight as Gosling.

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CRIME

Stabbing suspect in custody

A man charged after a fatal stabbing in downtown Toronto on New Year's Day has been remanded in custody.

Luke Heath, 27, of Toronto, was arrested Sunday afternoon and charged with first-degree murder and attempted murder in the death of Brian Takahashi.

Takahashi, 20, of Milton, was stabbed in the chest early Saturday outside a bar in the Queen and Portland area and died later in hospital.

Heath appeared in court yesterday morning, and will stay in police custody until his next court appearance Jan. 25. Police said Heath arrived at 14 Division with a lawyer Sunday afternoon just before 5 p.m. and surrendered to members of the homicide squad.

It is Toronto's first homicide of 2011.

THE CANADIAN PRESS

Murder rate down, but gun use up

The number of homicides in Toronto has declined for the fourth year in a row.

Toronto police statistics show the city ended 2010 with 60 homicides.

Thirty-two people were shot to death, five fewer than 2009, and 11 fewer than 2007.

Sixteen people were fatally stabbed last year, which is six more than the year before.

A dozen slayings were the result of other means.

However, gun use is up as police say there were 157 shootings in which no one was injured — more than double the number in 2007.

THE CANADIAN PRESS

Transit plan moving ahead on both sides

ANDREW WALLACE/TORSTAR NEWS SERVICE FILE

▶ Bruce McCuaig, head of Metrolinx, the agency that helps fund the TTC, is seen in front of a GO bus.

TTC, agency communicating 'daily': Metrolinx CEO Bruce McCuaig

Talks between the TTC and the province's agency are proving fruitful enough that a compromise transit plan for Toronto should be ready by the end of January, both sides say.

And despite fears that Mayor Rob Ford's focus on getting a subway into Scarborough will kill light-rail-based Transit City, signs point to a hybrid plan with at least the Eglinton crosstown LRT surviving, and Toronto paying a premium on the provincially-funded expansion to get more of it underground and away from road traffic.

"It's premature to say we've arrived at a plan but we're working toward that," said TTC chair Karen Stintz.

Metrolinx CEO Bruce McCuaig made it clear the province remains committed to the Eglinton crosstown line, a cornerstone of the $8.15-billion Transit City plan that also includes Finch and Sheppard LRT lines and revitalization of the aging Scarborough RT.

"I think we would like to bring (a revised plan) forward ... and if we can do that before the end of January, then we'll do our darndest to get there."
BRUCE MCCUAIG, METROLINX CEO

Premier Dalton McGuinty and Metrolinx have told the city "it can be done," Ford said last month.

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News in brief

Fox nabs news veteran

TV. Veteran CNN and CBS reporter and anchorman John Roberts is joining Fox News Channel. The network said yesterday Roberts, a former MuchMusic VJ, was joining the network as a senior national correspondent.

Winter storm hits Las Vegas

WEATHER. Gamblers on the Las Vegas Strip awoke to snow flurries yesterday morning as part of a winter storm that turned the main highway between Southern and Central California into a snowy, icy parking lot. Hundreds of motorists were stuck after Interstate 5 was closed for a second day.

Exoneration in old rape case

TEXAS. Prosecutors declared a Texas man innocent yesterday of a rape and robbery that put him in prison for 30 years, more than any other DNA exoneree in Texas. DNA test results excluded Cornelius Dupree Jr. as the person who attacked a Dallas woman in 1979, prosecutors said.

THE ASSOCIATED PRESS

Friends in high places

Goldman Sachs and a Russian investor reportedly invest $500M in Facebook, a further sign the social network is becoming a force outside tech circles. Scan the code for the story.

Relief extended to flood victims

About 1,000 people are living in evacuation centres across Australia's Queensland state, officials say

Military planes were flying food and other supplies toward a major city being slowly swamped in Australia's flood emergency yesterday, and police were increasing patrols in evacuated regions amid reports of looting.

Floodwaters that cover an area the size of France and Germany combined are draining slowly toward Australia's northeastern coast, filling rivers to overflowing and inundating at least 22 towns and cities in the cattle and fruit and vegetable farming region.

A 41-year-old woman was swept to her death in front of her family Saturday in Burketown, in hardest-hit Queensland state. She was the only confirmed victim so far of the flood crisis, which began building shortly before Christmas after days of drenching tropical rain. Searches were under way for two other people, men in separate locations in Queensland, who were missing after being last seen in the floodwaters.

THE ASSOCIATED PRESS

▶ This image made from AuBC video via Associated Press Television News shows a flooded street in Rockhampton, Australia, on Sunday.

State authorities say about 200,000 people have been affected by the floods, and Prime Minister Julia Gillard yesterday extended emergency relief to those affected, including low-interest loans to farmers to begin cleaning up and get their businesses running again.

In Rockhampton, a coastal city of about 75,000 people, waters from the still-swelling Fitzroy River closed the airport and cut the main highway leading to the state capital of Brisbane. Scores of families abandoned their homes for relief centres set up on high ground.

THE ASSOCIATED PRESS

Looting?

▶ A police official said officers had increased their patrols of flooded towns — television footage and news photographs showed them wading thigh-deep through floodwaters — and had not confirmed any reports of looting. Some residents, however, said cars and homes had been broken into and items stolen.

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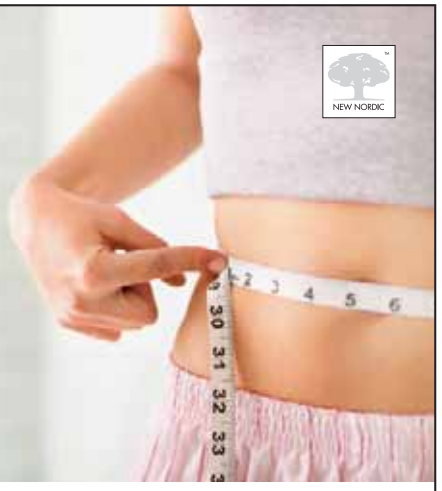

Eating chili can make you lose weight by speeding up your metabolism and burning fat, scientists have found. Researchers show that heat generated by the spicy food oxidizes layers of fat as well as increases metabolism.

Now those with sensitive taste buds can also benefit from peppers without having to endure the stinging aftertaste. An equivalent of the main chili ingredient, capsaicin, has been found in a non-spicy variety. This means that we can gain the fat burning effect of chili without the risk of stinging our taste buds or stomachs. This non-spicy version of chili is now found in supplement form.

Clinically proven to burn fat!

Researchers at the University of California studied the effects of chili on the diet after becoming intrigued at the manner in which the spicy fruit makes those who eat them sweat. They fed 34 men and women a low-calorie diet, supplemented with either non-hot version of pepper or placebo pills.

They found that levels of energy expended by those given the highest amounts of capsaicin were almost double those of the subjects who had been given the placebo.

Green tea and chili - The strongest combination for fat burning

The current best selling natural ingredient for fat loss is green tea. Now studies show that chili and green tea together complement each other and burn more fat than either one alone. Scandinavian manufacturer New Nordic has recently launched their natural product Chili Burn in Canada. The product is based on this research and further adds ginger and dill in the composition.

Chili Burn, which is now the no.1 fat burning supplement in Scandinavia, is available in Canada at Shoppers Drug Mart, Loblaws/Superstores/Extra Foods, GNC, and other participating health food stores and pharmacies.
For more information, please call 1-877-MY NORDIC (696-6734) or visit us at www.newnordic.ca.

Resolutions broken? Blame it on the brain

Research shows people overestimate their ability to resist temptations • Dopamine drives behaviour

The new year has just begun and already you're finding it hard to keep those resolutions to junk the junk food, get off the couch or kick smoking.

There's a biological reason a lot of our bad habits are so hard to break — they get wired into our brains.

That's not a reason to give up trying. Understanding how unhealthy behaviours become ingrained has scientists learning some tricks that may help good habits replace the bad.

"Why are bad habits stronger? You're fighting against the power of an immediate reward," says Dr. Nora Volkow, director of the National Institute on Drug Abuse and an authority on the brain's pleasure pathway.

It's the fudge vs. broccoli choice: Chocolate's yum factor tends to beat out the knowledge that sticking with veggies brings an eventual reward of lost pounds.

"We are hard-wired to give greater value to an immediate reward as opposed to something that's delayed," Volkow says.

Just how that bit of happiness turns into a habit involves a pleasure-sensing chemical called dopamine. It conditions the brain to want that reward again and again — reinforcing the connection each time.

THE ASSOCIATED PRESS

Expert advice

Researchers offer ways you can help counter your brain's hold on bad habits.

- **Repeat the new behaviour** Resolved to exercise? Do it at the same time of the day every day.
- **Reward yourself** Stuck to your resolution? Buy a book, a pair of jeans or a nice meal.
- **Cut out rituals** No eating in front of the TV, ever.

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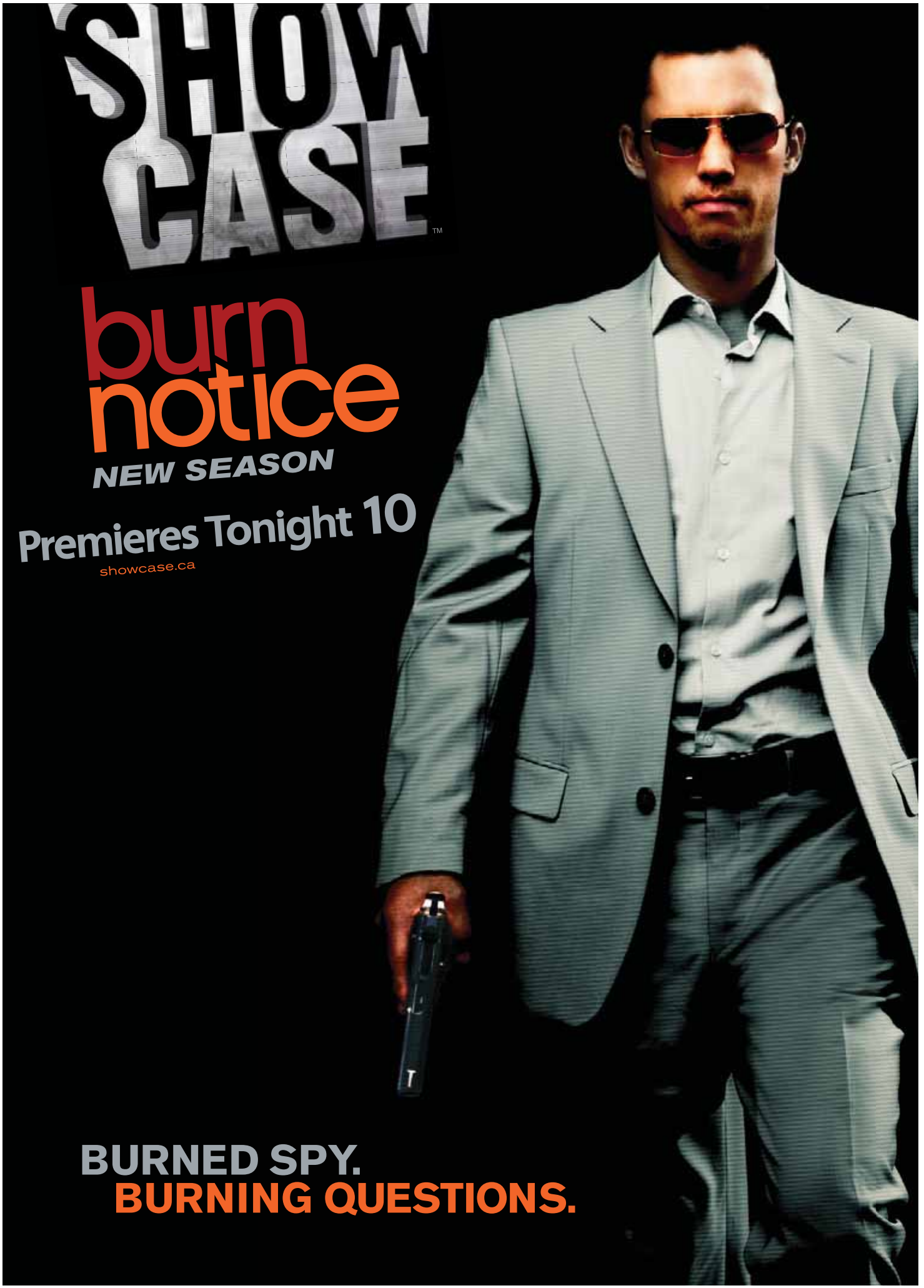
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Body may offer clues in bombing

Attack on Egyptian church heightens growing tensions between Muslims and Christians

Egyptian investigators are focusing on a remaining set of unidentified remains from the bomb attack on an Alexandria church that may be linked to the attacker, a security official said yesterday. Investigators believe a suicide attacker carried out the bombing on the Saints Church in the coastal city of Alexandria as worshippers were emerging from midnight mass, killing 21.

No group has claimed responsibility for the Saturday attack, the worst on Egyptian Christians in a decade. Security officials now say police are looking at homegrown Islamic extremists perhaps inspired by al-Qaida. THE ASSOCIATED PRESS

Protests

The bombing touched off riots and protests by Egypt's Christian minority.

- **In Alexandria** The police cordoned off the area around the church that was attacked to prevent further protests.
- **In Cairo** Protesters gathered outside a church in the Christian neighbourhood of Shubra in northern Cairo yesterday.
- **Blood of 'martyrs'** Church supporters wanted to keep the blood of the dead on the church walls as a reminder of the attack, said a local priest.

Archery. Ritual

▶ An archer takes aim yesterday during a New Year's Shinto ritual in Tokyo.

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Dressed up for battle

The men were dressed in traditional Japanese warrior's attire as they performed the ritual ceremony of archery at Yasukuni Shrine.

More than 500 sailors stranded

A Russian icebreaker laboured yesterday through howling winds and heavy snow as it tried to reach ice-bound ships in the Sea of Okhotsk where more than 500 seamen are trapped.

Three of the vessels have been trapped since Friday in ice estimated to be two meters thick. The state news agency RIA Novosti said two more ships became stuck yesterday.

The Sea of Okhotsk is an arm of the northern Pacific to the west of Russia's Kamchatka Peninsula.

3 The three ships that have been trapped since Friday — a fishing vessel, a refrigerated freighter and a scientific research ship — are in a tight convoy.

A statement from the Transport Ministry said there was no immediate danger to the crew on the three ships stuck since last week, who have sufficient food and water. THE ASSOCIATED PRESS

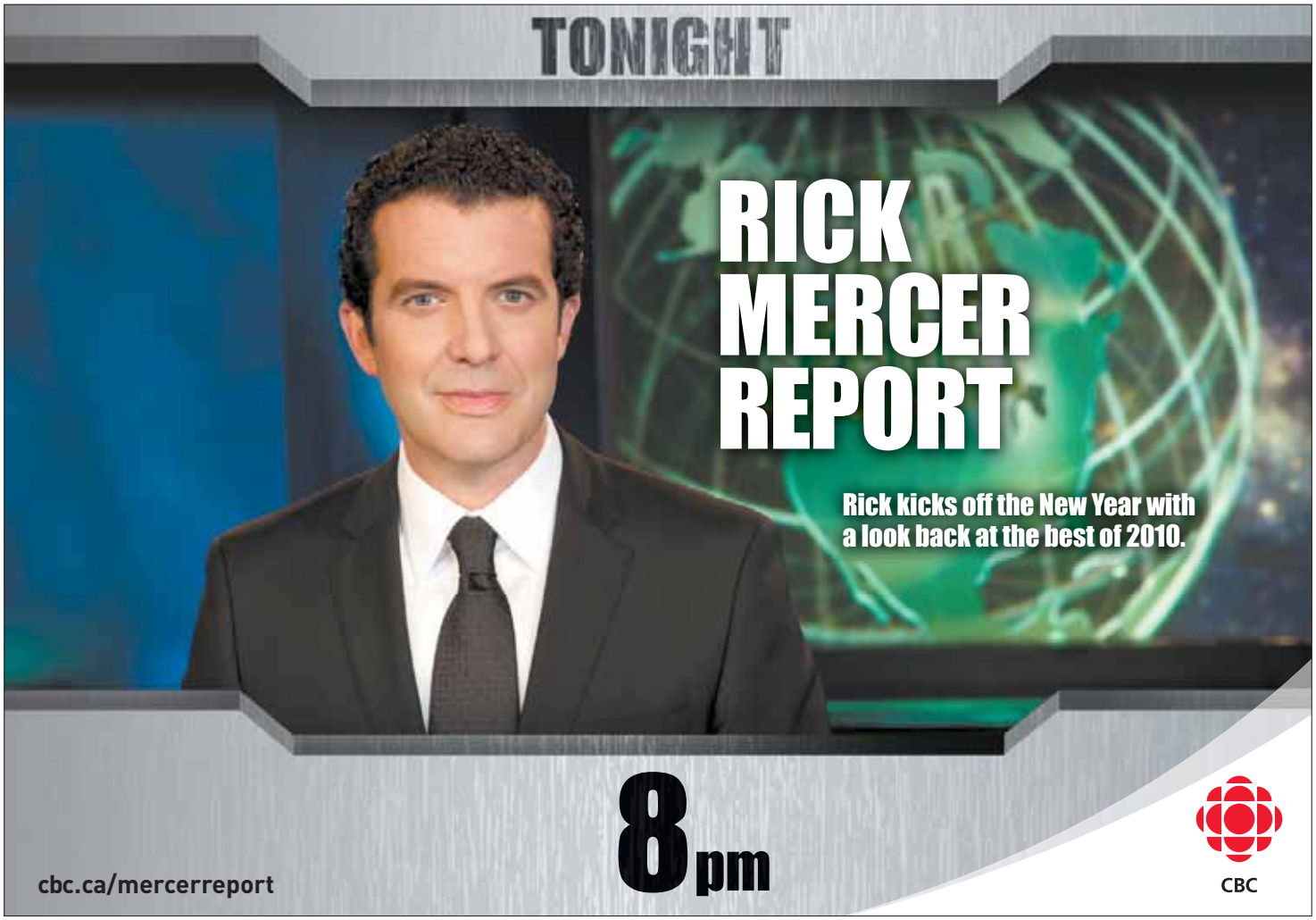
3 charged in child porn sweep

Three Chatham residents have been charged following a child pornography sweep. Chatham-Kent police say officers with warrants seized six computers and a smartphone at different residences since last week. The cases are not related. THE CANADIAN PRESS

Charges

All three have been charged with possession of child pornography.

- **Court** The three have also been charged with making child pornography available.



Birds fall from sky; U.S. experts seek reason why

Wildlife officials are trying to determine what caused blackbirds to tumble from the Arkansas sky

Wildlife experts are trying to solve an apocalyptic-type mystery: Why did nearly 3,000 red-winged blackbirds tumble from the Arkansas sky on New Year's Eve?

The Arkansas Game and Fish Commission says laboratories in Arkansas, Georgia and Wisconsin would examine some carcasses starting yesterday. Results could be back in a week.

Commission spokesman Keith Stephens said the birds fell in an area about a mile long and a half-mile wide (1½ kilometres long and 800 metres wide). Commission ornithologist Karen Rowe said the flock could have been hit by lightning or high-altitude hail, or may have been startled by fireworks.

STEPHEN B. THORNTON/THE ASSOCIATED PRESS

▶ A worker with U.S. Environmental Services LLC collects dead birds Sunday from a Beebe, Ark., home.

It's not the first time birds have dropped from the Arkansas sky. Lightning killed ducks at Hot Springs in 2001 and hail knocked birds from the sky at Stuttgart in 1973 on the day before hunting season. THE ASSOCIATED PRESS

Canadian couple die in Thailand bus crash

A Canadian couple have been killed in Thailand after the makeshift bus they were travelling in went off the road and hit a pole in the tourist island of Phuket.

Local media reports say two other Canadians and an Australian were injured in the accident and remain in hospital.

The reports said police identified the husband and wife as Kongseng Sunthorn, 61, and Aryporn Sunthorn, 50. The identities of the injured were not known.

THE CANADIAN PRESS

Police report

▶ The accident happened just minutes into New Year's Day when the vehicle was travelling from Phuket International Airport to a new west coast resort.

SUNDAY ALAMBA/THE ASSOCIATED PRESS

Ivory Coast

▶ Cape Verde President Pedro Pires, left, talks with Ivory Coast Prime Minister Ake N'gbo yesterday at the airport in Abidjan.

CLINGING TO POWER

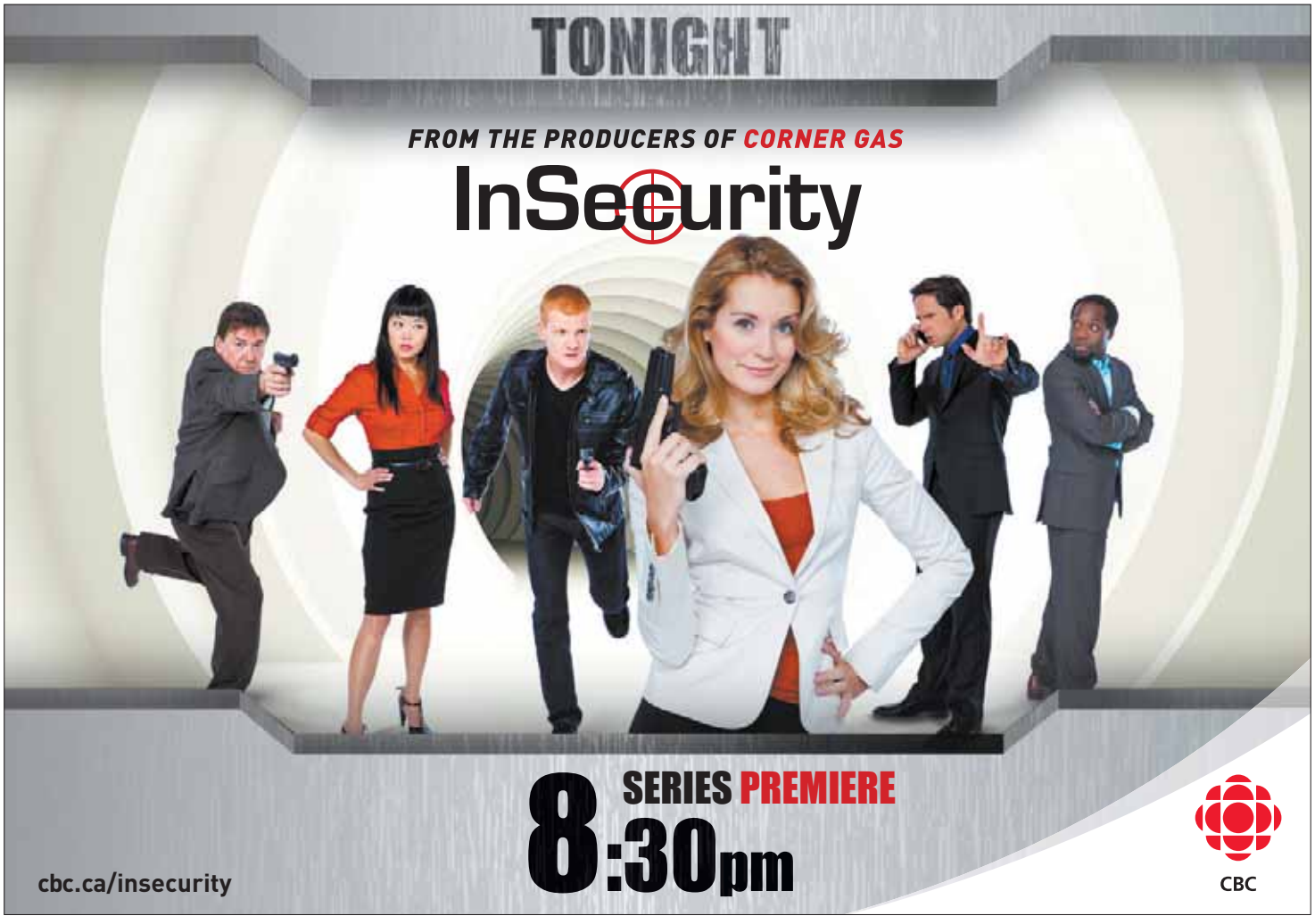
"WE'RE ONLY ASKING HIM TO GO PEACEFULLY"

West African leaders gave persuasion another chance yesterday, trying to get Laurent Gbagbo to surrender the presidency to the internationally recognized election winner before resorting to military intervention.

The presidents of Benin, Sierra Leone and Cape Verde also visited last week without result, and this time they were being joined by Kenyan Prime Minister Raila Odinga. No developments were immediately announced.

Results tallied by the country's electoral commission and certified by the United Nations showed Gbagbo lost the November election by a nearly nine-point margin to opposition leader Alassane Ouattara. Gbagbo has clung to power with the backing of the army.

THE ASSOCIATED PRESS



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THE VIRGINIAN-PILOT/THE ASSOCIATED PRESS

▶ U.S. navy Capt. Owen Honors appears in one of a series of profanity-laced comedy sketches that were broadcast on the USS Enterprise via closed-circuit television.

No Honors for racy videos in the navy

Aircraft carrier's officer used derogatory term for gays, hand motions that mimic masturbation in clips

Videos just coming to light show the crew of a U.S. navy aircraft carrier got an eyeful on shipboard TV: Gay slurs, suggestive shower scenes and mimicked masturbation in clips made not by some sailor run amok but by the ship's second-most powerful officer.

The navy said it will investigate the "clearly inappropriate" videos shown through the nuclear-powered ship's closed-circuit television system. The star of the videos, made in 2006 and 2007, is Capt. Owen Honors, who now commands the USS Enterprise but was its executive officer — the second in command — when the videos were made. The Enterprise was deployed in the Middle East at the time the videos were made.

It's clear from the videos that Honors, who took over the ship's command in May, had already received complaints when some of them were made. "Over the years I've gotten several complaints about inappropriate material during these videos, never to me personally but, gutlessly, through other channels," he said in the introduction to one video.

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INCLUDES 3 nights accom in Cairo and 7 nights beach accom in Sharm El Sheik. Departs Feb 16/ggv/kl/ms. ADD Pyramid sound & light show for $79.

Peru Air + 7 Nights $1679
GAP Adventures The Inca Trail + taxes & fees $275
INCLUDES air, 7-day tour visiting Cusco, Sacred Valley/Ollantaytambo, The Inca Trail to Machu Picchu & last night Cusco accom. Departs Mar 8/gap/ggv/la.

North America

Orlando Family Special, Air + 7 Nights $129◊
Champions World Resort + taxes & fees $236
INCLUDES central accom close to theme parks with shuttle service. Price is per person based on a family of 4. Departs Jan 22/ggv/ts. ADD 5-day *Walt Disney World Magic Your Way* Base Ticket for $264 per adult & $238 per child (age 3-9).

Niagara Falls Valentine's Weekend 2 Nights $89
Crowne Plaza Niagara Falls taxes & fees included
INCLUDES accom in the heart of Niagara Falls. Departs Feb 11/ggv.

Las Vegas Air + 4 Nights $225
Circus Circus + taxes & fees $247
INCLUDES accom on the Las Vegas Strip. Departs Feb 6/swg/wg. UPGRADE to the 4-star Luxor for $20 per night.

Boston Air + 4 Nights $499
Courtyard Downtown Boston + taxes & fees $126
INCLUDES downtown accom in the theatre district. Departs Jan 12/ggv/dl. ADD Boston Trolley Tour & Harbour Cruise for $35.

Whistler Air + 5 Nights $979
Summit Lodge & Spa + taxes & fees $167
INCLUDES air to Vancouver and accom close to Whistler Village Centre. Departs Jan 7/ggv/ws. ADD 4-day Whistler/Blackcomb lift pass for $320.

All-inclusive Vacations

Punta Cana 7 Nights 4-Star $395
Blau Natura Park Beach Eco Resort & Spa + taxes & fees $330
Departs Jan 14/swg/wg.

Varadero 7 Nights 3-Star $247
Bellevue Sunbeach + taxes & fees $215
Departs Jan 21/nol/c6. UPGRADE to 4-star Playa de Oro for $20 per night. Departs Jan 21/sgn/wg.

Puerto Plata 7 Nights 4-Star $257
Allegro Puerto Plata + taxes & fees $332
Departs Jan 15/nol/ts.

San Salvador 7 Nights 4-Star $477
Royal Decameron Salinitas + taxes & fees $257
Departs Jan 10/nol/c6.

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RESOLUTION NO. 1: TIME TO QUIT THE GYM

She says ...

JESSICA NAPIER

All right everyone, you've had your fun. You argued drunkenly with your family, kissed a complete stranger at midnight and ate about a year's worth of calories in the span of one week. Now it's time to get serious.

Last weekend, as I peered from under my duvet at a disaster zone of empty champagne bottles and orphaned sequins, I thought to myself that perhaps 2011 should be the year I start making some changes.

And so, on a gloomy January morning, I pledge this will be the year I start taking vitamins. I'll read more books, watch less television, pay my bills on time and, finally, against typical New Year tradition, I resolved to quit the gym.

I've been a member of an overpriced health club for more than a year now, though the number of times I've actually visited said facility amounts to the caloric value of four Tic Tacs. Sixty dollars a month debited from my chequing account and all I have to show for it is a small laminated card collecting dust in my wallet.

"Initially, I am wowed by the shiny equipment and excessive amenities."

Over the years I have joined many a flashy fitness temple with the exact same result — I go routinely for about two months before my commitment wavers and I reach the point where it becomes embarrassing to even think about showing my face there.

So why join in the first place? Initially, I am wowed by the shiny equipment and excessive amenities. *"You mean there's a steam room and a smoothie bar? Here's my credit card."*

But while the flashy accoutrements might lure me in at first, nothing really changes the fact that I just can't stand the Lycra-clad cliques of established gym-goers, partly because I despise their hard-bodied smugness, but mostly because they look so good in skinny jeans.

Sure, there may be some well-meaning aerobic enthusiasts, but most of the crop-top wearing gym rats aren't really there to exercise. They're there to work on their fake tans, buy protein powder and, most importantly, they are there to check each other out. For, you see, there's no difference between the gym and an obnoxious nightclub; there is an expensive cover charge, aggressive music, sweaty bodies and plenty of tight neon clothing.

So, in 2011, I resolve to leave the hormonally-charged muscle heads to their own devices and promise myself that this is the year I finally kick my habit of avoiding the gym and cancel my membership for good.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Attack defined decade

Letters & Tweets

We asked: What will define the decade of 2000-10?

WHITBY. I would have to say the terrorist attacks on New York City in 2001, which changed everything. It caused panic all over the world. It raised security concerns everywhere and our sense of freedom was taken away. From Sept. 11, 2001, to this day everything has changed. Many lost their lives on that tragic day and many more have lost their lives fighting (against terrorism). Besides all that, we live our lives in a state of "being on edge" and that alone has defined this decade. The decade when the world changed and the days when North Americans realized we weren't invincible.
ALLAN EASSON

TORONTO. I would say it was the 9-11 terrorist attacks on the U.S. because it changed so much in terms of how people think and how the world operates.
SARAH EVANS

TORONTO. Social injustice will define the decade. The financial gluttony of the super rich will be seen as widening the divide between rich and poor, causing poverty and polluting the environment.
TED CRUDDAS

Sept. 11, 2001

THE ASSOCIATED PRESS FILE

What are you looking forward to most in 2011?

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Metro Minute with body conditioning

Hear that? It's the sound of your New Year's resolutions laughing at you. Been to the gym yet, buddy? Didn't think so. And I don't blame you. If it hasn't worked for the past decade, it probably won't start this year either.

Perhaps the trick is to try something different. Starting next week, fitness trainer Eva Redpath kicks off her next set of Body Conditioning by Dancers classes. Redpath, a trained dancer herself, has designed the sessions to be inspiring, fun and effective. So even if you possess the co-ordination of a hedgehog with vertigo, remember the saying: Dance like only 10 other people are watching.
JORDANA DIVON

CONTRIBUTED

▶ Eva Redpath's Body Conditioning by Dancers classes have been named a top fitness trend of 2011 by Oh So Cosmo TV. To sign up visit evaredpath.com.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
Closed for the holiday	Did not trade	+ 17¢ US ($91.55 US)	$4.650 (+ 24.5¢)
			Gold contracts $1,422.90 (+ $1.50)

Investors look to U.S. data

Economic data will set the tone for trading on stock markets in the early part of the new year as investors return from Christmas-New Year holidays and get set to take in the latest gauge on the American manufacturing sector and employment reports in Canada and the U.S.

The TSX begins 2011 trading today, a day after U.S. markets. It ended 2010 about 14 per cent higher than it started, amid expectations of a continuing recovery.

THE CANADIAN PRESS

Catastrophes cost $37B, insurer says

Several major natural catastrophes in 2010, including three severe earthquakes, led to the sixth-highest number of insurers' losses since 1980, a leading reinsurer says.

Munich Re AG said in its annual review that insured losses came in at $37 billion US, up from $22 billion in 2009. It said total economic losses, including losses not covered by insurance, rose to $130 billion from last year's $50 billion.

Altogether, a total of 950 natural catastrophes were recorded last year, including five "great natural catastrophes": The earthquakes in Haiti, Chile and central China; the heat wave in Russia; and the floods in Pakistan.

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Rivals playing iPad catch-up at CES

BRIAN KERSEY/GETTY IMAGES

▶ Sales of the iPad have been strong since its April debut, and rival companies are having a hard time catching up.

Apple won't be at trade show but others expected to show own tablets

The International Consumer Electronics Show kicks off this week in Las Vegas with an elephant in the room.

The elephant is Apple Inc. It won't be at the show this year, but its tablet computer, the iPad, is the most important new product for an industry that needs to excite consumers once again. Sales of the iPad have been strong since its April debut, and the industry is now trying to mimic Apple's success.

With the iPad, Apple cracked the code for the tablet, a device that dozens of manufacturers have tried to take to the masses for two decades, with little success.

Nearly every other company in the industry will be there for CES, which runs Thursday to Sunday. Many of them will show off their tablets. Big names expected to do so include Motorola Inc. and Dell Inc.

Competing tablets will have a hard time catching up to Apple's lead, at least this year. Certainly, no one managed to do so last year, even though a lot of manufacturers, including Dell, brought out tablets. Samsung did have some success with its Galaxy Tab, but sales didn't come close to the iPad's.

Apple's would-be competitors include Motorola, which has been hinting that it will show off its first tablet at the show. Dell and Acer Inc. are also expected to show tablets.

THE ASSOCIATED PRESS

7.4

Apple sold 7.4 million iPads through September in the first six months on sale, outselling Apple's Mac computers, but not iPods or iPhones. One analyst believes Apple sold another 6.1 million iPads in the holiday quarter.

CEOs rode gravy train in 2009: Study

The recession may have hammered the average Canadian but a new survey suggests CEOs weathered the storm in fine form.

An examination of the 100 fattest pay packages handed to executives at publicly traded companies in Canada shows they pulled in an average $6.6 million each in 2009.

That's a far cry from the $42,988 the average Canadian makes and it dwarfs the $19,877 a minimum-wage worker would earn.

The study by the Canadian Centre for Policy Alternatives says Canada's best-paid CEOs made 155 times more than the average Canadian.

Still, CEO earnings dropped from the previous year. Author Hugh Mackenzie's study of 2008 compensation showed CEOs were earning 174 times the average Canadian. In 2008, CEOs were paid an average of $7.3 million, or almost 11 per cent more than 2009.

It's possible that the gap has begun to shrink, Mackenzie says. But generally, CEO pay packages are much higher now than during the 1990s. In 1998, for example, the top 100 CEOs made 104 times the salary of the average Canadian.

Since then, CEO pay has outpaced inflation by 53 per cent, while average earnings rose just four per cent more than inflation over the same 10 years, Mackenzie figures.

THE CANADIAN PRESS

The top three

- **Aaron Regent:** The biggest pay package went to Aaron Regent at Barrick Gold Corp., who made $24.2 million in 2009, according to calculations.
- **Hunter Harrison:** In second place was Hunter Harrison at Canadian National Railway Co., at $17.3 million.
- **Gerald Schwartz:** Following in third place was Gerald Schwartz at Onex Corp., at $16.7 million.

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No U.S. network, no problem

The Pillars of the Earth actor Rufus Sewell glad that mini-series had no American involvement in production 12th century epic coming to CBC

Canadian actor Donald Sutherland stars in The Pillars of the Earth, a mini-series that debuts tonight on CBC.

Sweeping sword-and-sandal epics seem to be all the rage, including The Tudors, Spartacus: Blood and Sand and the forthcoming The Borgias, which airs this spring.

Galloping into the arena is The Pillars of the Earth, a $40-million, eight-part historical miniseries that begins tonight at 9 p.m. ET on CBC.

The international co-production was shot in Hungary and Austria and stars Canadian actors Donald Sutherland, Alison Pill (Milk) and Gordon Pinsent, as well as Ian McShane, Hayley Atwell and Rufus Sewell.

With today's ballooning budgets, it seems to take the world to make one of these historical epics. Welsh author Ken Folett wrote the wildly successful novel, which, given the Oprah Winfrey Book of the Month Club seal of approval, topped the best-sellers charts for weeks. Brit Ridley Scott (Robin Hood) is among the executive producers.

"As far as I'm concerned, the idea of working for one of the major networks worried me." ACTOR RUFUS SEWELL

The mystery/thriller is set against a backdrop of war and religious strife. Set in the 12th century, it is essentially about an ambitious dream to build a cathedral in a forest during the Middle Ages.

Some Canadians, however, will have seen it before. The miniseries, partially funded by Montreal-based Muse Entertainment, aired last summer on the premium cable channels The Movie Network and Movie Central; it was showcased in the U.S. on the cable channel Starz.

The fact that no big American broadcaster was involved was actually good news for Rufus Sewell.

"As far as I'm concerned, the idea of working for one of the major networks worried me," he says on the phone from Italy, where he was at work playing a detective on another venture.

Sewell worried that a major U.S. network would be so concerned about offending all but the widest possible demographic that a lot of the edgier content would get cut out. He's seen how advertiser boycotts have watered down projects in the past.

"It becomes slightly cowardly," says Sewell, who suggests networks cave under pressure from special interest groups. "Nobody wants to lose the dollars of stupid people or even bigoted people."

While notes did come from the Canadian, German and British investors in this series, the fact that it wasn't controlled by one major source allowed more of the script that drew Sewell to the project in the first place to remain on the screen. The British-born actor, who played Alexander Hamilton in the HBO production John Adams and also appeared in the short-lived U.S. network series The Eleventh Hour, has seen juicy scenes get snipped before.

"I knew if a scene was very interesting it was going to get less interesting the morning before we did it," he says.

THE CANADIAN PRESS

CBC hopes Pillars can be another Tudors

The Pillars of the Earth is one of several new shows premiering tonight on CBC, which in recent years has avoided the crush of fall shows from south of the border by saving its new offerings for January. The new reality series Village on a Diet began on Monday, with the new spy spoof comedy Insecurity bowing tonight before Pillars.

CBC found a steady 700,000 to 800,000 viewers a week for The Tudors, which concluded a four-season run in the fall. With CTV snatching up rights to The Borgias, a historical series starring Jeremy Irons as a notorious 15th century Pope (tentatively scheduled to begin in April or May), CBC hopes they've found their historical fix with Pillars.

THE CANADIAN PRESS

Hungary perfect for historical TV

The actors appearing in The Pillars of the Earth spent five months shooting in and around Budapest. The region works for these historical epics on many levels.

Crews work cheaper than in Hollywood, keeping production costs down, plus the rolling hills of the Hungarian countryside offer vistas mainly free of any modern buildings or other landmarks that would seem out of place.

New technologies have also helped bring these period epics back in vogue. Modern hydro wires and other 21st-century giveaways can be digitally removed and ancient palaces can be digitally inserted. THE CANADIAN PRESS

2 scene

News in brief

Actress Valerie Bertinelli has tied the knot in Malibu. Publicist Heidi Schaeffer told The Associated Press that the 50-year-old Hot in Cleveland star married financial planner Tom Vitale on Saturday.

Schaeffer said in an email that a report by People Magazine of the wedding was accurate. The ceremony took place in front of about 100 people at her home, according to People. Guests included Bertinelli's ex-husband — rocker Eddie Van Halen — and their son Wolfgang. Bertinelli and Van Halen split in 2000 and were officially divorced in 2007.

THE ASSOCIATED PRESS

Chuck Berry returns to home in suburban St. Louis after health scare during Chicago concert

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Postlethwaite dies at age 64

THE ASSOCIATED PRESS

▶ Pete Postlethwaite

Oscar-nominated British actor Pete Postlethwaite, described by director Steven Spielberg as "the best actor in the world," has died at age 64 after a long battle with cancer.

Longtime friend and journalist Andrew Richardson said yesterday that Postlethwaite died in a hospital Sunday.

A gritty and powerful actor, Postlethwaite was nominated for an Oscar for his role in the 1993 film In The Name Of The Father.

He had recently been seen in the critically acclaimed film Inception and had worked with Spielberg on The Lost World: Jurassic Park and Amistad.

Postlethwaite initially planned to become a priest but was drawn to acting.

He received an OBE in 2004 along with many other honours for his long career in movies, theatre, and television.

Postlethwaite lived in the hills of rural Shropshire in western England. He was a political activist known for his opposition to the war in Iraq and his call for policies to fight global warming.

He had recently returned to the stage to star as King Lear.

The actor had been treated at the Royal Shrewsbury Hospital. Shortly before his death he publicly thanked the hospital staff in the Shropshire Star newspaper for their "wonderful" treatment and care during his illness.

He is survived by his wife, Jacqui, his son, Will, and daughter, Lily.

THE ASSOCIATED PRESS

DVD Releases this week

Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Machete a sharp film

Machete
Genre: Action
Directors: Ethan Maniquis, Robert Rodriguez
Stars: Danny Trejo, Michelle Rodriguez, Robert De Niro
●●●

Machete went over so well as a fake trailer inside Grindhouse, it's become a real film. Danny Trejo is the Mexican with whom you shouldn't attempt sexual congress with — unless you happen to be a gorgeous woman. In which case, all aboard.

These gorgeous women are played by Jessica Alba, Lindsay Lohan, Michelle Rodriguez and others, all of whom are willing to lift their skirts or get the drop with a machine gun, as occasion and the nonsensical script requires. Trejo's preferred weapon of choice, however, hence the character name, is a blade big enough to make Crocodile Dundee run screaming for his mama.

No one would expect a movie like this to have much connection to the real world. But Machete makes for surprisingly effective social commentary. The anti-Mexican and anti-immigrant sentiments espoused by Robert De Niro's Sen. McLaughlin and his stooges are very much in tune with the rabid right wing of U.S. politics.

PETER HOWELL

Dinner for Schmucks
Genre: Comedy
Director: Jay Roach
Stars: Steve Carell, Paul Rudd, Stephanie Szostak
●●½

In adapting Francis Veber's 1998 French farce Le Dîner des cons (The Dinner Game), director Jay Roach and his writers sheath their blades. They make the near-fatal mistake of having both Paul Rudd and Steve Carell play nice guys. Rudd's financier character Tim, supposedly the villain as per

the Gallic original, is more put-upon than predatory. Tim gets roped into participating in the "schmucks" dinner to please his demanding boss (Bruce Greenwood) and his artsy girlfriend (Stephanie Szostak).

PETER HOWELL

Catfish
Genre: Documentary
Directors: Henry Joost, Ariel Schulman
Stars: Yaniv Schulman, Megan Faccio, Ariel Schulman
●●●●

The intriguingly named Catfish makes the persuasive case that Net naïveté still exists, even for guys who might normally heed P.T. Barnum's caution about suckers. Meet Nev Schulman, a 24-year-old New York photographer. Schulman is the subject, and possible co-conspirator of a film that was presented as a documentary at its Sundance debut, but which is now being billed as a "reality thriller." Not much can be said about the film, to avoid spoilers. It begins with a Facebook posting. It gets considerably more involved and weird.

PETER HOWELL

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Lohan plans new start in new place

Moves out of West Hollywood to get away from paparazzi, past influences

To get a fresh start after rehab, Lindsay Lohan is ditching her West Hollywood apartment for a three-bedroom rented condo in a beach-side suburb of Los Angeles, according to Radar Online. "She made the decision to move out some time ago and begin a new chapter," a source says. "Lindsay considered her former apartment in West Hollywood too accessible to paparazzi and those in her life she wants to leave behind." METRO

Lindsay Lohan

Jackson documentary postponed

The Discovery Channel has bowed to pressure from Michael Jackson's estate and agreed to postpone a filmed reenactment of the late singer's autopsy that was set to air in the U.K., according to TMZ. "At the request of Michael Jackson's estate, the scheduled broadcast of the medical documentary related to Michael Jackson's official autopsy has been postponed indefinitely," the network's reps said.

Jackson's executors had complained that the show was in "shockingly bad taste." METRO

Married, or just fooling?

Brad Pitt and Angelina Jolie reportedly closed out 2010 by tying the knot, but it was all for show, according to In Touch. Sources say the couple held a mock-wedding ceremony in Morocco for the benefit of their six children. "Because the kids are getting older, Brad and Angelina decided now was the time to show them how much they loved each other and wanted to be unified as a family," a source says. METRO

Arquette in rehab

David Arquette has checked himself into rehab for alcohol and "other issues," according to TMZ. Arquette, who has been partying a lot since his separation from Courteney Cox, is seeking treatment because it's "the right thing to do for his family," a source close to the actor says. But before heading to rehab, Arquette reportedly had one last wild night, celebrating NYE at the Roosevelt Hotel. METRO

Shania secretly ties the knot

Just weeks after announcing her engagement to Frederic Thiebaud, Shania Twain is already married, according to People magazine. The couple tied the knot on New Year's Day, her rep confirms. "They were married at sunset in Rincon, Puerto Rico, in front of 40 of their closest family and friends," her rep tells the magazine. "2010 is leaving me with a renewed faith in love and commitment," Twain posted on her blog. METRO

Shania Twain

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3 life

Below zero

Frostbite is most common in outdoor workers, homeless people, and athletes participating in outdoor sports. But it can certainly strike adults and children who are having fun and staying outside a little longer than they should. The best winter clothing is breathable, windproof, and quick-drying.

CELIA MILNE

Rare Ewing's Sarcoma strikes at soft tissues in adolescents' bones

ISTOCK PHOTO

▶ Frostbite season is upon us. Learn how to be prepared.

Frostbite warning

How to recognize if you have it and what to do when someone you know is showing the signs Be careful though, you could make things worse

CELIA MILNE
WELLNESS@METRONEWS.CA

During the winter season, it's great to get outside to enjoy the crisp, cold air and, of course, the snow. However, whether you are snowboarding, skiing, tobogganing, snowshoeing or simply waiting for the bus, frostbite can happen if you're exposed to the cold for too long.

And though tempting, rubbing a frostbite can actually make it worse.

"Do not rub on the affected areas as this can cause further damage," says Dr. Jensen Yeung, medical director of RKS Dermatology at Women's College Hospital and the University of Toronto.

Frostbite is damage to the skin and other tissues, and happens when blood vessels under the skin constrict, which can happen at zero degrees and colder.

"A combination of factors determine when frostbite will form," says Yeung. "These include the duration of cold exposure, windchill, wet clothing, inadequate clothing and poor circulation."

Poor circulation can be a result of wearing clothing that is too tight, smoking, diabetes or peripheral vascular disease.

According to Parks Canada, areas most prone to frostbite are toes, feet, fingers, hands, ears and face.

"A combination of factors determine when frostbite will form... exposure, windchill, wet clothing, inadequate clothing and poor circulation."
DR. JENSEN YEUNG

Signs to look for that you or a family member have frostbite include:

- Shivering (may be absent in later stages)
- Lack of feeling in the affected area
- Skin that appears waxy
- Skin that is cold to the touch

In second degree frostbite, says Yeung, water-filled blisters can develop. In third and fourth degree frostbite, you may have blood-filled blisters and damage to the nerves. In extreme cases, gangrene can result.

Here's what to do: Bring the person in to a warm environment as soon as possible.

Immediately remove all wet clothing and put on dry ones. Then wrap the person in warm blankets.

Quickly warm up the affected areas in a bathtub with water at 40 to 42 degrees.

Only start to rewarm the person if further re-freezing can be prevented. Fluid replacement is also extremely important.

Hypothermia

Hypothermia is a risk with cold weather and prolonged outdoor activities. It can sneak up on you if the weather changes, warns Parks Canada. Someone who is suffering from hypothermia is no longer able to keep themselves warm. It's possible to develop hypothermia at any temperature under zero degrees. Signs and Symptoms of Hypothermia include:

- Shivering (may be absent in later stages)
- Numbness
- Lack of coordination
- Confused or unusual behaviour
- Body temperature below 35º C (95º F)

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News worth sharing.

The point of weight loss

Crazy eating schedules can pack the pounds on But little changes can help to keep them off for good

CELIA MILNE
WELLNESS@METRONEWS.CA

As Ashley Gibson knows, losing weight is only half the battle. The other half is keeping it off. Gibson, a 26-year-old actor in Toronto, successfully lost 30 lbs using WeightWatchers after a director asked her in August of 2006 to lose weight for a role.

It was February of 2007 when she reached her goal, and she felt great. She maintained her weight until 2010, when a job change resulted in an unpredictable schedule and helter-skelter eating habits. She started gaining weight again.

Gibson is now back on WeightWatchers and thrilled that the company has developed a new, scientific program called PointsPlus. The program is all about promoting exercise, providing a supportive environment, and telling people which foods are the best bet for reducing solid fat, added sugar and sodium. For instance, fresh fruits and most vegetables have a value of zero.

WeightWatchers is no fly-by-night weight loss program. It has been in Canada since 1968. An article published in the Journal of the American Medical Association in 2003 found that people who attended weekly WeightWatchers meetings lost more weight and reduced their waist circumference more than those who tried to lose weight alone.

ISTOCK PHOTOS

▶ Don't get sucked into a diet scam. Research what you need to do to keep the weight off.

Gibson now eats at home more often and spends loads of time in the produce aisle when grocery shopping. She works out three times a week, mixing in dance classes, yoga and personal training sessions. She has lost 5 lbs on the new program.

"It has helped me to reach my goals, become a healthier person and ultimately change my life. I want to shout it from the rooftops!"

She likes it so much she's become a WeightWatchers leader part-time.

"I always tell my Weight Watchers members that there is 'no save button when you reach your goal weight' and that all the habits you employ in order to lose weight, are all the things that you need to do in order to keep it off."

Buyer beware

Before you spend your hard-earned dollars on a commercial diet, there are some red flags to look for. Dietitians of Canada says watch out if the program:

- Promises you'll lose more than 2 lbs per week
- Recommends you eat less than 800 calories a day without medical supervision
- Tries to get you hooked on their company products
- Doesn't teach you healthy choices at the grocery store
- Does not include long-term healthy choices such as regular exercise
- Uses counselors who don't have training or qualifications
- Uses counselors who are on sales commission
- Asks you to sign a long-term contract
- Pressures you to sign up right away

Why lose weight?

Jiggly January?

Put off losing weight till now?

Not only does being overweight or obese look bad and feel bad, it's also hurting you on the inside. According to Health Canada, all that extra fat increases your risk of developing high blood pressure, coronary heart disease, type 2 diabetes, stroke, osteoarthritis, and certain types of cancer, including breast, colon and endometrial.

The Heart and Stroke Foundation of Canada has developed an interactive eTool called Healthy Weight Action Plan. Check it out at heartandstroke.ca

CELIA MILNE

ISTOCK PHOTO

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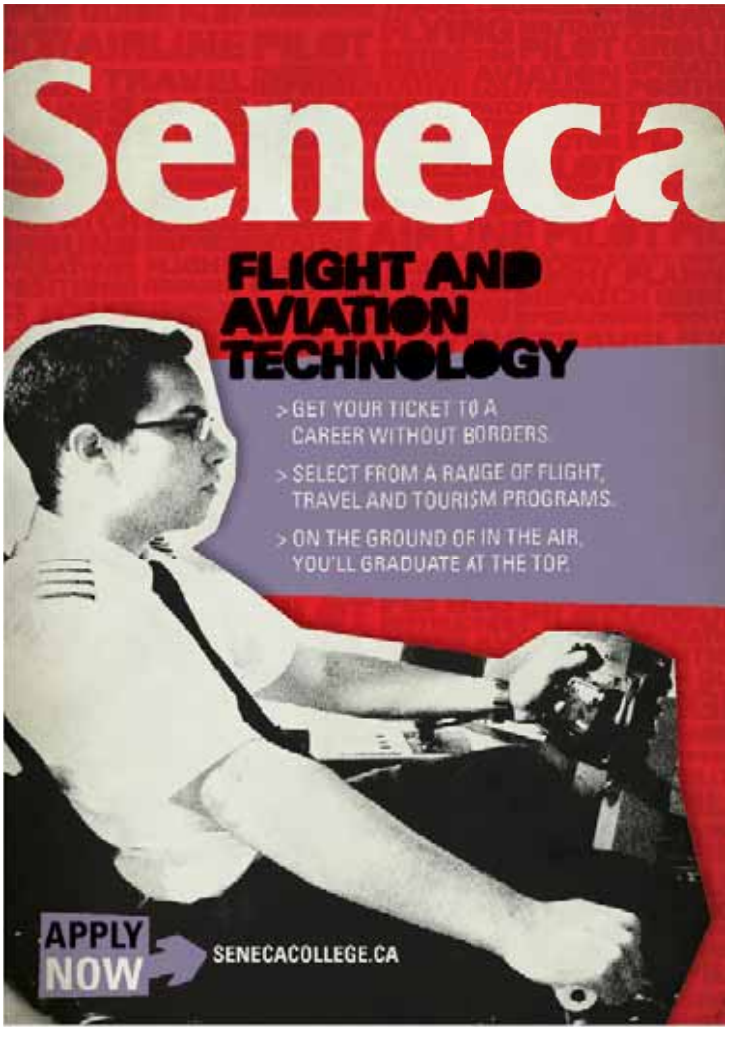
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Thoughts on... Goals

Seek and you'll find

ADVICE Christmas is now behind us and as we bid farewell to another year, our thoughts are filled with anticipation of what looms on the horizon. Many of us are busy making plans, setting new year resolutions, and making sure that the year ahead will be the best year ever. But how can we ensure that our goals become a reality?

Here's a tip: Take a pen and a notepad and ask your deeper mind 'What do I want to do next? How do I accomplish this? What is my next course of action?' Just relax as the answers come through. Do not worry about being right or wrong, simply allow your deeper guidance to emerge.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

Cancer breakthrough?

New blood test can spot one cancer cell in a billion healthy ones Find out how it can help cancer testing

A blood test so sensitive that it can spot a single cancer cell lurking among a billion healthy ones is moving one step closer to being available at your doctor's office.

Boston scientists who invented the test and health care giant Johnson & Johnson announced yesterday that they are joining forces to bring it to market. Four big cancer centres also will start studies using the experimental test this year.

Stray cancer cells in the blood mean that a tumour has spread or is likely to, many doctors believe. A test that can capture such cells has the potential to transform care for many types of cancer, especially breast, prostate, colon and lung. Initially, doctors want to use the test to try to predict what treatments would be best for each patient's tumour and find out quickly if they are working.

Tests

Doctors typically do treatment and then do a CT scan two months later to look for tumour shrinkage.

Why it can help Some patients only live long enough to try one or two treatments, so this test can gauge success sooner.

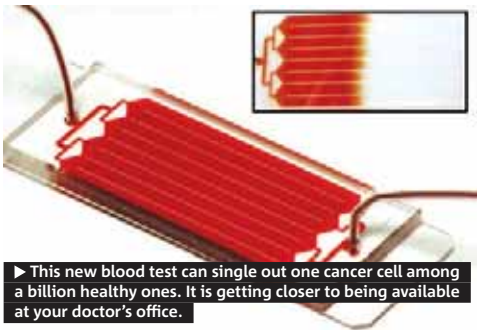
"This is like a liquid biopsy" that avoids painful tissue sampling and offer a better way to monitor patients than periodic imaging scans, said Dr. Daniel Haber, chief of Massachusetts General Hospital's cancer centre and one of the test's inventors.

Ultimately, the test may offer a way to screen for cancer besides the mammograms, colonoscopies and other less-than-ideal methods used now.

"There's a lot of potential here, and that's why there's a lot of excitement," said Dr. Mark Kris, lung cancer chief at Memorial Sloan-Kettering Cancer Center in New York. He had no role in developing the test, but Sloan-Kettering is one of the sites that will study it this year.

CHRIS PIZZELLO/THE ASSOCIATED PRESS

▶ Fran Drescher, left, and Sharon Osbourne pose together at the Stand Up to Cancer benefit at the Kodak Theater in Los Angeles.



▶ This new blood test can single out one cancer cell among a billion healthy ones. It is getting closer to being available at your doctor's office.

Many people have their cancers diagnosed through needle biopsies. These often do not provide enough of a sample to determine what genes or pathways control a tumour's growth.

THE ASSOCIATED PRESS

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2011's liquid predictions

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Can you believe how quickly 2010 disappeared?

Why, it seems like just yesterday Mel Gibson and Mother Nature were battling it out to see who could act crazier by year's end.

Now that we're officially into 2011, I've dusted off my crystal ball and am prepared to make the following liquid predictions for the coming 12 months.

Look for Australia to make a comeback this year. With a major focus on regionality — and more celebrity winemakers than kangaroos — Down Under is preparing to wow your palates.

I also see food-friendly German white wines and non-fortified Portuguese reds working their way into your glasses.

From the vine, malbec will keep rocking the red wine world with sauvignon blanc doing the same for the whites.

Also, look for red blends (especially those with a touch of residual sugar) to be the talk of liquor store shelves.

On the boozier side of things, I see both Irish and American whiskey capturing more market share across the country.

But, my money's on vodka — particularly brands like Russian Standard (750 ml, $23.95 - $24.99) that haven't had every inch of personality filtered out of them — to reign supreme.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

A go-to chicken recipe

Skip the booze in this Bourbon Chicken by using apple juice

This pecan-crusted chicken breast with bourbon pan sauce has a rich flavour and looks impressive but takes only 35 minutes to complete.

Preparation:

1. Heat oven to 220 C (425 F). In a food processor, combine pecans, 125 ml (1/2 cup) of the flour, salt and pepper, then pulse until mixture becomes a coarse meal. Transfer mixture to a shallow dish.
2. Place remaining 125 ml (1/2 cup) flour in a second shallow dish. In a third shallow dish, lightly whisk eggs.
3. Dip both sides of each chicken breast first in flour, shaking off any excess, then in eggs, then through pecan mixture. Transfer to a plate.
4. In a skillet over medium-high, heat 30 ml (2 tbsp) of the oil. Add 3 chicken breasts and cook until well browned on both sides, 4 minutes per side. Transfer chicken to a baking sheet. Repeat with remaining oil and chicken breasts.
5. Place baking sheet in oven and cook chicken for 12 to 15 minutes. While chicken bakes, make sauce. With skillet over medium-high heat, add bourbon and deglaze, scraping up browned bits from bottom of pan. Add broth, honey and mustard and bring to a simmer.
6. In a bowl, stir together cornstarch and water. Whisk cornstarch into skillet sauce, stir until thick. Stir in chives and soy sauce. Pour sauce over chicken breasts to serve. **THE CANADIAN PRESS**

LARRY CROWE/ THE ASSOCIATED PRESS

▶ Pecan-crusted chicken breasts with bourbon pan sauce.

Ingredients:

- 250 ml (1 cup) finely chopped pecans
- 250 ml (1 cup) white all-purpose flour, divide
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) ground black pepper
- 2 large eggs
- 6 boneless, skinless chicken breasts (1 kg/2 lbs)
- 60 ml (4 tbsp) extra-virgin olive oil, divided
- 50 ml (1/4 cup) bourbon
- 250 ml (1 cup) chicken broth
- 15 ml (1 tbsp) honey
- 15 ml (1 tbsp) coarse-grained mustard
- 7 ml (1 1/2 tsp) cornstarch
- 10 ml (2 tsp) water
- 50 ml (1/4 cup) chopped fresh chives
- 5 ml (1 tsp) reduced-sodium soy sauce

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ROMANCE BLOOMS ON THE RIDEAU

Names: Lisa and Trev, both 23

Hometown: Ottawa

Together since: 2004

Their story:

Trevor and I (Lisa) first met when I was in Grade 10, and he was in Grade 11.

I was far too shy to approach him, but when Trevor would come into my classroom to talk to his hockey coach, my entire class would badger me about my huge crush — right in front of him!

It didn't take him long to clue in.

Trev and I soon started talking and he asked me out on a date.

We walked the Rideau Canal hand-in-hand and we learned quite a lot about one another in just a couple of hours.

That's exactly where and when it all began!

We have been together more than six years, and on Oct. 16, 2010, Trevor proposed.

We are now planning to buy a house and say "I do" in 2012.

He will always be my high-school sweetheart and, even more, my soulmate.

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▶ Lisa and Trev

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Friends of ours continuously post lovey-dovey comments to one another on their public Facebook wall. It's making everyone else nauseous. How do we tell them to turn off their Facebook faux pas?

Angela says ...

Do they also "talk" to each other on Facebook when they're in the same house? Ewwww ... that's just plain tacky in my book.

Since they're obviously not down with social media etiquette, I advise a direct approach. Take one half of the couple aside and gently explain that their wall postings fall under the TMI category or are just plain annoying/icky to friends.

Suggest they try the less public form of communicating such as texting or email. Question: Does this couple also speak in baby voices to each other? If so, I'm afraid you might not get very far. Another option is to just unfriend them. I know it sounds harsh, but Facebook is your space, and if you don't want to read lovesick posts, you don't have to.

Derek says...

Just un-friend them. Clearly they have little value to add to your friend feed. If it comes up in conversation, be blunt: Tell them you wanted to heave every time their status updates popped up on your iPhone.

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ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Stop! Don't burn or recycle that wrapping paper. While you're sifting through the post-holiday detritus, make a special effort to look for, and hold on to, warranties. Most Canadian families make a considerable investment in presents — $600 to $750 on average — and one of the best ways to preserve that investment is to keep track of warranties, big and small.

The first time I realized I needed to pay better attention to warranties came when I took my kitchen knives into a Henckels' free sharpening clinic. My husband had used the chef's knife eons earlier for some unauthorized prying and broke off the tip. The rep conducting the workshop took one look at it said, "It's under warranty, I'll replace it." Voila, a brand new knife and no snarky remarks about husbands.

Similarly, when I phoned Obus Forme to purchase a new back for a 10-year-old office chair, the company informed me it was covered under a lifetime warranty.

It's all too easy to toss a broken item, with so much these days lasting such a short time. But warranties can be your ticket to extended use.

The best part about being diligent on the warranty front is that you are extending the life of investments you've made with after tax dollars.

▶ Hold on tight to your warranties after the holiday season if you'd like your favourite loot to last.

Glitchy gifts

Chances of top holiday purchases breaking down in the first three years:

- Desktop computer: 37%
- Laptop: 33%
- Digital camera: 8%

CONSUMER REPORTS

Interest rates/ Savings accounts

BANK	RATE
BMO	1.35%
CIBC	0.70%
HSBC	1.00%
ING	1.50%
PCF	1.50%
RBC	1.25%
SCOTIA	1.35%
TD	1.25%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Fun and Frugal

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Learn more about money. You'll feel better equipped to make good financial choices. Take 10 minutes a week to read an investment article in the paper or online. Check out moneyville.ca, globeinvestor.com or finance.yahoo.com.

Get better organized. Set up a budget and follow it. Use free budgeting tools online with your bank. Keep your receipts in file folders and pay close attention to your bills to ensure they're accurate.

Develop a financial plan Grow your net worth through a combination of debt reduction and asset growth. Get a second or third opinion from a Certified Financial Planner (CFP) or professional accountant.

Track your net worth progress. Use a spreadsheet; list all assets like RRSPs and real estate and liabilities like car loans and mortgages. When you subtract your liabilities from your assets, you'll see your bottom line. You want this number to grow, so set some net worth goals for 2011 to reduce debt and build your assets.

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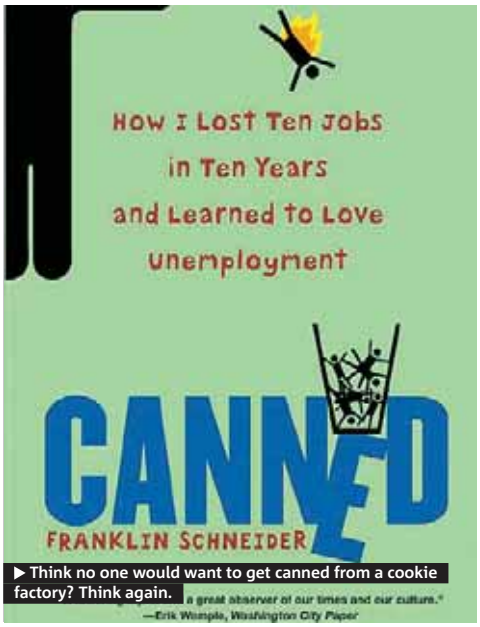

▶ Think no one would want to get canned from a cookie factory? Think again.

The joy of being jobless

Franklin Schneider can hold down a job, he just really doesn't want to

In Franklin Schneider's humorous new book, Canned: How I Lost Ten Jobs in Ten Years and Learned to Love Unemployment, Schneider enumerates all of his real unemployment and employment stories. From detasseling corn in Iowa and a stint at an oatmeal cookie factory to becoming one of the most triumphant telemarketers in America, he finally figured out that no matter what job you have, "you are either being exploited or you are exploiting someone."

"You get three weeks out of 52 in the year to get to do what you actually want to do. That is something to weep about."
FRANKLIN SCHNEIDER

From all of these adventures, Schneider has decided that working a full-time job is nothing more than working in a dysfunctional system.

"There is nothing worse than doing something you don't want to do," says the career renegade. "When you get out of college, you do this desperate job search and you stay because you are scared to come out of it."

But as Schneider experienced (many times) being canned might not be the worse thing to happen to you. It can be very liberating. After all, the people that have that job today "are people with something to lose." They are the ones "hoping to survive the next round of cuts" as they spend hours "pouring over mortgage statements and investment portfolios and clasping their foreheads and asking, 'How, how did this happen?'"

Sexy switch-off

When asked about which job changed him the most, Schneider replies: "They all changed me a lot at the time. After working at a porn store, I was completely repulsed by sex for six months. That was a pretty horrible change, but luckily it wore off."

Career Finder

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Don't let Zs grab hold of your Bs

SMATH/FLICKR

▶ Fading into sleep wherever you find a resting spot may have an impact on your schoolwork.

- A disjointed snooze means a student may lose, experts say
- Prioritize a healthy sleep pattern now that the holidays have passed

Winter blues

Psychologists associate seasonal affective disorder with increased levels of melatonin, caused by a drastic reduction of natural light. This can lead to an unbalanced sleep schedule.

"Sleep hygiene is really underrated," says Dr. Betsy Smith, director of counseling at the Massachusetts College of Art and Design. "If you get into a cycle of staying up late and sleeping late, that can lead to real problems."

Creating a steady, restful sleep pattern might be the simplest thing you can do to improve your spring semester.

"There's a number of contributing factors at the end of the fall semester. As you get closer to going home and having to report on how you're doing, the stress can go way up," says Dr. Carolyn Kaufman, a psychologist at Columbus State Community College. "Plus the light changes a lot at the end of the fall. Suddenly you're not getting enough light, and your coping skills are knocked down a notch."

A recent study featured in the medical journal Sleep and Breathing went even further. Focusing on students at Montgomery College in Maryland, researchers looked not just at the amount of sleep, but also the wakeup times, of the students. They found that students who rise earlier have better GPAs.

But that might not be the answer for everybody, especially students in the arts. "There's research that suggests that creative people tend to be night people," says Kaufman. "If they get themselves up earlier, they're not more productive, because they're missing their best hours. … It's better to create a consistent pattern."

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Effective January 2, 2011

Route changes:

53 STEELES EAST - Service will be extended south on Staines Avenue from Steeles Avenue to the Morningside Heights neighbourhood, at all times of the week.

196 YORK UNIVERSITY ROCKET - Service will be changed in the midday and evenings from Monday to Friday, so that local off-peak service is operated via Murray Ross Parkway, Sentinel Road, The Pond Road, and Ian MacDonald Boulevard.

Service increases:

16 McCOWAN
20 CLIFFSIDE
21 BRIMLEY
22 COXWELL
23 DAWES
25 DON MILLS
29 DUFFERIN
36 FINCH WEST
41 KEELE
42 CUMMER
45 KIPLING
53 STEELES EAST
54 LAWRENCE EAST
57 MIDLAND
63 OSSINGTON
76 ROYAL YORK SOUTH
85 SHEPPARD EAST
89 WESTON
106 YORK UNIVERSITY
109 RANEE
122 GRAYDON HALL
191 HIGHWAY 27 ROCKET
196 YORK UNIVERSITY ROCKET
501 QUEEN
509 HARBOURFRONT
511 BATHURST
512 ST CLAIR

For further details on these and other service changes, maps and schedules, see our website or call.

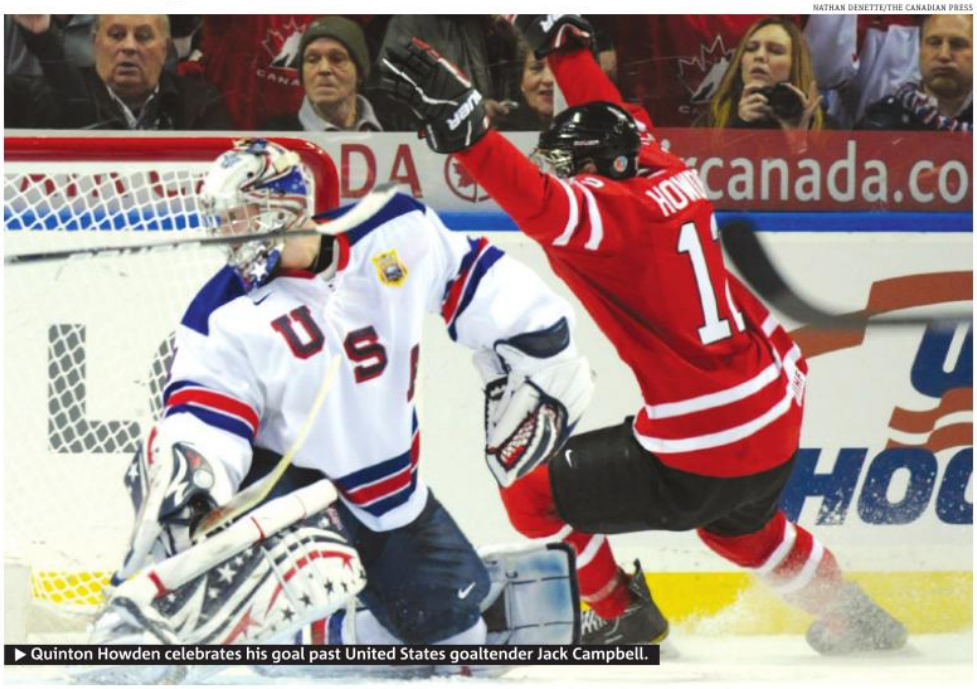
www.ttc.ca 416-393-4636

4 sports

Canada turns table on U.S.

- Canadians handily defeat rival who beat them in last year's final
- Win sets up showdown tomorrow with Russians, who downed Swedes

NATHAN DENETTE/THE CANADIAN PRESS



▶ Quinton Howden celebrates his goal past United States goaltender Jack Campbell.

CANADA	U.S.
4	1

Curtis Hamilton and Quinton Howden scored in the first period yesterday as Canada exacted some revenge against the United States at the world junior hockey championship with a 4-1 semifinal win.

The victory set up a showdown with Russia in tomorrow's final. The Russians beat Sweden 4-3 in a shootout in yesterday's other semi.

Canada reached the final for the 10th consecutive year, a mark that includes victories over the Russians in 2005, 2006 and 2007. Canada is 7-5 all-time in finals against Russia or the Soviet Union.

Ryan Johansen and Zack Kassian also scored for Canada in front of a boisterous, mostly pro-Canadian crowd. The Canadians outshot the nervous-looking Americans 41-23 in dominating all three zones, the faceoff circles and carrying the physical play.

The showdown many predicted would be a fitting final came in the semis as Canada lost its final preliminary round game in a shootout to Sweden before beating Switzerland 4-1 in a quarter-final.

It avenged Canada's 6-5 overtime loss to the U.S. a year ago on its home ice in Saskatoon.

Chris Brown scored on a power play for the Americans in the third period to snap Mark Visentin's shutout bid as the U.S briefly had some life but would get no closer.

Red-and-white-clad Canadian fans outnumbered their U.S. counterparts in the packed HSBC Arena and their chants of Ca-Na-Da were drowning out the home side's U-S-A even before the puck was dropped.

When the game started, it was Canada that came out flying and the Americans who looked to be on their heels in their first taste in the tournament of high-paced, heavy-hitting hockey.

Canada beat the Russians 6-3 to open the tournament, a game that was close for two periods.

The Americans will face Sweden in the bronze-medal game.

THE CANADIAN PRESS

Sports in brief

1 Brandon Webb signed with the Texas Rangers.

2 The Minnesota Vikings have reached an agreement with Leslie Frazier to be their next coach.

3 The Cleveland Browns fired coach Eric Mangini following a second straight 5-11 season.

THE ASSOCIATED PRESS

Scan code for more sports

In the end, Russia gets it done

RUSSIA	SWEDEN
4	3

Russia's flair for the dramatic has carried it to the gold-medal game at the world junior hockey championship.

The Russians squandered a two-goal lead before scoring a late equalizer and surviving a shootout to beat Sweden 4-3 in a back-and-forth semifinal yesterday that started slowly but ended brilliantly.

Denis Golubev slid a shot through Robin Lehner's legs after Swedes Oscar Lindberg and Sebastian Wannstrom both failed to score.

The Russians then stormed the ice in celebration when Anton Lander's attempt rang off the post.

Vladimir Tarasenko, the dazzling St. Louis Blues first-round draft pick, Golubev and Sergei Kalinin, who tied the game 3-3 with 1:27 left, scored in regulation for the Russians, who last won gold at the tournament in 2003.

They won three silvers from 2005-07, but were sixth last year.

THE CANADIAN PRESS

Rask stymies former team

BRUINS	LEAFS
2	1

Phil Kessel did everything he could to break out of a slump against his former team, but Tuukka Rask just wouldn't let it happen.

The Boston Bruins goaltender turned away several good Kessel chances while making 36 saves in a 2-1 win over the Toronto Maple Leafs last night.

Kessel has been held to just one assist in nine games against the Bruins since being acquired in a trade prior to last season. The only other NHL teams he hasn't scored on during his career — Anaheim, Calgary and St. Louis — are based in the Western Conference so he rarely faces them.

The Leafs winger has shown recent signs of improvement against the Bruins, scoring the shootout winner in a game last month and looking energized yesterday. Rask's best save against his former teammate came during the third period after Kessel beat a defenceman and got off a shot from in close.

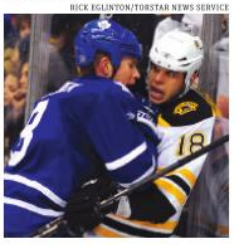
Nathan Horton and Marc Savard scored for Boston (21-11-6), which wrapped up a five-game road trip.

Mikhail Grabovski replied for the Maple Leafs (14-20-4).

James Reimer made his second straight start in goal for Toronto — the second of his NHL career — and wasn't at fault for either of the goals that got behind him.

Kessel showed some early flashes of flair, using his speed to make a couple rushes to the outside. He also had a rebound chance in the second period trickle just wide of the goal. He'll have three more opportunities this season to break his Boston scoring drought, starting with a game at TD Garden on Feb. 15. THE CANADIAN PRESS

RICK EGLINTON/TORSTAR NEWS SERVICE



NATIONAL HOCKEY LEAGUE STATISTICS

FROM THE CANADIAN PRESS

Not including yesterday's games

ANAHEIM

Player	GP	G	A	Pts	+/-	PIM
Perry	42	21	23	44	6	74
Getzlaf	40	13	24	37	3	27
Selanne	33	10	24	34	2	16
Visnovsky	41	7	23	30	5	12
Ryan	42	15	13	28	10	43
Koivu	41	10	11	21	-4	26
Fowler	36	3	15	18	-8	10
Lydman	38	2	14	16	21	14
Blake	41	8	6	14	-3	27
Lupul	14	4	3	7	-3	4
McMillan	20	2	5	7	1	2
Parros	41	3	1	4	-1	86
Lilja	27	1	3	4	-5	14
Beleskey	17	1	3	4	-5	14
Marchant	41	0	4	4	-10	12
Mara	32	1	1	2	-1	38
Shisa	28	1	1	2	-7	13
Chipchura	26	0	2	2	0	27
Sutton	19	0	2	2	-4	28
Bonino	26	0	0	0	-3	4
Brookbank	22	0	0	0	-7	43
Voros	11	0	0	0	-4	43
Hiller	36	0	1	1	0	0
McElhinney	11	0	0	0	0	0

ATLANTA

Player	GP	G	A	Pts	+/-	PIM
Byfuglien	42	16	25	41	6	24
Enstrom	42	7	27	34	6	24
Ladd	42	13	19	32	-7	14
Kane	39	13	13	26	4	42
Stewart	42	10	15	25	3	29
Peverley	42	9	14	23	-10	29
Little	36	10	12	22	12	23
Bergfors	31	7	13	20	0	2
Antropov	36	7	11	18	-7	22
Burmistrov	42	5	10	15	-1	22
Thorburn	42	5	9	14	7	36
Oduya	42	2	11	13	-10	14
Slater	36	5	7	12	4	19
Modin	26	7	2	9	-7	6
Eager	33	3	6	9	3	63
Boulton	36	5	3	8	7	26
Bogosian	34	3	4	7	-9	21
Hainsey	42	1	5	6	7	20
Sopel	41	1	4	5	11	12
Cormier	4	0	1	1	0	0
Stapleton	10	0	0	0	0	2
Meyer	8	0	0	0	-5	8
Dawes	6	0	0	0	-6	0
Welch	2	0	0	0	-1	0
Pavelec	28	0	0	0	0	0
Mason	17	0	0	0	0	2
Mannino	1	0	0	0	0	0

BOSTON

Player	GP	G	A	Pts	+/-	PIM
Lucic	37	16	11	27	12	58
Krejci	30	7	18	25	10	13
Horton	37	11	13	24	14	34
Bergeron	37	8	16	24	9	14
Ryder	37	11	12	23	-2	6
Recchi	37	7	16	23	5	13
Chara	37	5	11	16	14	35
Wheeler	37	9	6	15	-1	20
Marchand	34	6	8	14	8	20
Seidenberg	37	2	12	14	3	17
Seguin	35	6	7	13	3	8
Thornton	37	7	2	9	5	62
Campbell	35	3	6	9	3	44
Caron	20	3	4	7	4	6
Ference	37	2	5	7	15	44
Boychuk	27	0	7	7	8	11
Savard	14	1	4	5	-8	23
McQuaid	25	0	4	4	6	40
Paille	16	0	4	4	0	4
Kampfer	11	2	1	3	2	2
Stuart	26	0	2	2	3	23
Arniel	1	0	0	0	-1	0
Thomas	28	0	2	2	0	4
Rask	11	0	0	0	0	0

BUFFALO

Player	GP	G	A	Pts	+/-	PIM
Roy	35	10	25	35	-1	16
Vanek	38	14	13	27	-11	12
Leopold	38	9	12	21	-6	18
Pominville	29	8	11	19	-8	7
Stafford	23	13	5	18	-1	18
Ennis	38	9	9	18	-3	10
Connolly	26	6	10	16	-8	10
Myers	36	5	10	15	-10	16
Hecht	38	4	10	14	-5	18
Montador	38	3	9	12	11	38
Sekera	37	1	11	12	-2	12
Gaustad	38	3	8	11	4	58
McCormick	37	4	5	9	2	93
Grier	38	2	7	9	2	8
Kaleta	36	4	4	8	1	66
Gerbe	24	1	6	7	1	8
Niedermayer	29	0	7	7	-3	14
Weber	18	1	3	4	5	33
Adam	13	2	1	3	-4	8
Rivet	19	1	2	3	-6	12
Butler	20	0	3	3	-1	8
Morrisonn	24	0	2	2	-8	12
Mancari	3	0	1	1	-1	0
Ellis	6	0	0	0	-1	0
Stuart	3	0	0	0	1	2
Miller	29	0	0	0	0	2
Enroth	5	0	0	0	0	0
Lalime	6	0	1	1	0	0

CALGARY

Player	GP	G	A	Pts	+/-	PIM
Iginla	39	16	19	35	-3	30
Tanguay	39	10	21	31	4	16
Bourque	37	13	12	25	-9	20
Jokinen	36	8	13	21	-5	30
Giordano	39	4	17	21	1	40
Morrison	39	5	15	20	2	12
Stajan	33	2	16	18	3	2
Hagman	39	8	9	17	-7	20
Babchuk	39	5	10	15	-6	20
Bouwmeester	39	3	10	13	6	24
Glencross	36	7	5	12	-1	40
Jackman	39	5	4	9	-1	66
Moss	26	4	5	9	3	8
Kostopoulos	39	4	4	8	-1	47
Backlund	32	4	4	8	4	10
Sarich	33	1	7	8	3	31
Regehr	38	0	4	4	8	32
Conroy	18	2	0	2	-1	8
Staios	15	1	1	2	-1	20
Mikkelson	20	0	2	2	-6	7
Meyer	16	0	2	2	0	17
Pardy	14	0	2	2	-1	10
Kotalik	12	1	0	1	-2	2
Sutter	4	0	1	1	-1	5
Brodie	3	0	0	0	-3	2
Ivanans	1	0	0	0	-1	5
Kiprusoff	33	0	0	0	0	0
Karlsson	7	0	0	0	0	0

CAROLINA

Player	GP	G	A	Pts	+/-	PIM
Staal	37	18	19	37	-5	30
Skinner	37	11	17	28	-1	12
Ruutu	37	9	19	28	-5	26
Jokinen	35	6	20	26	-1	12
Pitkanen	33	2	16	18	7	32
Samsonov	33	8	9	17	1	8
Cole	37	8	8	16	4	17
LaRose	37	7	8	15	-6	24
Corvo	37	6	9	15	-4	14
Sutter	37	7	6	13	9	10
Dwyer	37	7	5	12	0	8
McBain	37	1	10	11	7	20
Gleason	37	2	7	9	-1	39
White	35	2	7	9	-11	10
Carter	35	1	5	6	-4	29
Tlusty	21	3	1	4	-2	4
Harrison	35	0	4	4	-4	37
Boychuk	7	2	1	3	0	2
Matsumoto	11	2	0	2	-2	4
Dalpe	8	1	1	2	1	0
Bodie	27	0	2	2	-4	24
Bowman	8	0	0	0	1	6
Carson	4	0	0	0	1	2
Rodney	3	0	0	0	0	2
Ward	32	0	0	0	0	2
Peters	8	0	0	0	0	0

CHICAGO

Player	GP	G	A	Pts	+/-	PIM
Sharp	39	21	17	38	-10	14
Toews	38	15	18	33	7	10
Kane	31	11	17	28	-9	12
Keith	40	3	21	24	-6	12
Bickell	37	11	11	22	6	17
Brouwer	40	10	12	22	-1	16
Kopecky	39	6	16	22	9	38
Seabrook	40	3	19	22	-3	22
Hossa	25	8	12	20	2	14
Dowell	40	5	10	15	10	45
Bolland	33	5	10	15	2	28
Skille	38	6	8	14	4	23
Stalberg	36	6	8	14	-1	16
Campbell	27	2	11	13	13	2
Pisani	30	5	8	13	0	8
Cullimore	34	0	7	7	3	8
Boynton	37	0	6	6	2	34
Morin	9	2	1	3	2	9
Hjalmarsson	38	1	2	3	-2	19
Hendry	19	1	0	1	-2	4
Leddy	6	1	0	1	-1	0
Scott	30	0	1	1	-2	45
Johnson	5	0	1	1	-2	0
Smith	3	0	0	0	-2	0
Potulny	3	0	0	0	-1	0
Klinkhammer	1	0	0	0	1	0
Brophey	1	0	0	0	0	0
Pirri	1	0	0	0	-1	0
Crawford	19	0	0	0	0	0
Turco	23	0	0	0	0	6

COLORADO

Player	GP	G	A	Pts	+/-	PIM
Duchene	39	15	24	39	3	21
Stastny	38	15	21	36	3	26
Hejduk	32	11	21	32	-5	10
Liles	39	5	25	30	9	25
Stewart	23	11	14	25	-2	36
Fleischmann	38	11	13	24	-1	16
Jones	36	12	10	22	4	16
Shattenkirk	28	5	14	19	-1	16
Yip	34	7	7	14	-5	29
Winnik	38	6	8	14	5	20
O'Reilly	39	4	10	14	7	4
Porter	33	7	4	11	8	12
Galiardi	22	7	4	11	1	12
Mauldin	25	5	5	10	7	6
Dupuis	37	3	7	10	5	19
Wilson	30	2	6	8	8	22
McLeod	33	4	2	6	-3	99
Huwnick	38	1	4	5	-3	13
Cumiskey	11	1	4	5	0	8
Foote	27	0	5	5	-2	17
O'Byrne	28	0	4	4	9	31
Holos	14	0	3	3	4	2
Gulik	5	1	1	2	3	2
Olver	4	0	2	2	1	2
Liffiton	4	1	0	1	3	17
Quincey	21	0	1	1	-5	18
Koci	8	0	0	0	-2	7
Anderson	22	0	1	1	0	4
Budaj	19	0	0	0	0	2

COLUMBUS

Player	GP	G	A	Pts	+/-	PIM
Nash	38	18	13	31	-2	12
Umberger	39	13	14	27	6	26
Brassard	39	9	15	24	-4	18
Wermeille	39	9	12	21	-3	12
Voracek	37	7	15	22	1	14
Methot	34	0	14	14	12	30
Clark	33	5	8	13	1	23
Huselius	17	8	4	12	-6	6
Wilson	26	4	7	11	1	10
Pahlsson	39	3	6	9	-3	18
Tyutin	37	2	7	9	-1	16
Klesla	37	2	7	9	-4	22
Stralman	30	0	9	9	-4	14
Russell	32	2	6	8	-5	10
Boll	30	3	4	7	2	103
Hejda	37	2	5	7	-5	14
Dorsett	36	2	5	7	-8	82
Filatov	23	0	7	7	3	8
Commodore	20	2	4	6	-8	44
MacKenzie	25	2	3	5	2	2
Murray	14	2	3	5	3	2
Moreau	22	1	4	5	-5	16
Sestito	9	2	2	4	-4	40
Holden	5	0	0	0	0	0
Guenin	3	0	0	0	-3	2
Blunden	1	0	0	0	-1	0
Mason	25	0	1	1	0	0
Garon	19	0	0	0	0	2

DALLAS

Player	GP	G	A	Pts	+/-	PIM
Richards	40	18	27	45	7	20
Eriksson	40	16	26	42	14	4
Ribeiro	40	6	26	32	1	12
Neal	40	14	16	30	12	35
Morrow	40	16	9	25	1	33
Benn	37	9	15	24	-4	30
Robidas	39	3	16	19	8	49
Daley	40	2	11	13	9	16
Segal	34	4	4	8	-1	32
Burish	40	4	1	5	-1	52
Skrastins	39	2	3	5	2	26
Niskanen	35	0	5	5	1	23
Wandell	37	3	1	4	-2	6
Grossman	38	0	4	4	-2	29
Fistric	24	2	1	3	-3	22
Petersen	34	1	2	3	-7	6
Sutherby	29	1	2	3	-4	42
Gagnon	7	0	2	2	2	0
Barch	20	1	0	1	-5	44
Larsen	3	0	1	1	-3	0
Lehtonen	30	0	2	2	0	2
Raycroft	12	0	0	0	0	0
Bachman	1	0	0	0	0	0

DETROIT

Player	GP	G	A	Pts	+/-	PIM
Zetterberg	39	14	30	44	10	18
Datsyuk	33	12	27	39	8	11
Lidstrom	39	11	26	37	0	8
Franzen	38	17	14	31	2	22
Cleary	35	16	10	26	6	8
Rafalski	28	0	25	25	8	8
Bertuzzi	39	5	19	24	0	28
Filppula	39	10	13	23	1	14
Holmstrom	39	10	10	20	3	42
Kronwall	39	8	12	20	7	22
Eaves	32	11	3	14	4	8
Stuart	39	3	9	12	6	24
Helm	39	2	10	12	9	4
Hudler	34	3	7	10	-9	8
Ericsson	31	2	7	9	8	40
Abdelkader	31	3	5	8	10	32
Modano	20	2	6	8	-3	6
Salei	38	0	6	6	4	32
Miller	32	1	4	5	-4	2
Draper	11	1	3	4	1	2
Tatar	2	1	0	1	1	0
Kindl	13	0	0	0	-1	12
Janik	7	0	0	0	-2	7
Mursak	4	0	0	0	-2	2
Howard	30	0	1	1	0	2
Osgood	10	0	0	0	0	0
MacDonald	1	0	0	0	0	0

EDMONTON

Player	GP	G	A	Pts	+/-	PIM
Whitney	35	12	25	37	13	33
Penner	37	11	14	25	-4	29
Gagner	37	9	15	24	-4	19
Eberle	37	9	14	23	-4	4
Hall	37	12	10	22	-7	10
Hemsky	24	8	13	21	3	6
Horcoff	24	7	8	15	4	14
Khabibulin	35	4	10	14	1	10
Paajarvi	37	5	8	13	-1	8
Gilbert	37	5	8	13	-11	22
Jones	37	9	3	12	-3	15
Cogliano	37	4	7	11	-11	31
Foster	36	3	8	11	-5	20
Brule	32	4	2	6	-8	29
Peckham	34	1	5	6	-3	75
Vandermeer	24	1	4	5	3	16
Omark	8	1	4	5	-1	4
Fraser	37	2	1	3	-1	47
O'Marra	9	1	2	3	0	2
Smid	33	0	3	3	-8	29
Stortini	26	0	3	3	-2	52
Jacques	17	1	0	1	0	6
Petry	2	0	1	1	-2	0
Strudwick	18	0	0	0	-6	9
MacIntyre	8	0	0	0	0	34
Belle	5	0	0	0	0	2
Khabibulin	25	0	0	0	0	2
Gerber	2	0	1	1	0	0
Dubnyk	12	0	0	0	0	0

FLORIDA

Player	GP	G	A	Pts	+/-	PIM
Weiss	35	12	12	24	5	22
Frolik	35	8	15	23	9	8
Booth	36	10	10	20	-5	12
McCabe	36	5	14	19	8	26
Santoreli	36	10	7	17	-4	10
Wideman	36	2	15	17	-12	21
Reasoner	36	6	9	15	6	12
Higgins	31	6	7	13	7	2
Matthias	34	5	7	12	4	11
Dvorak	27	5	5	10	1	10
Reinprecht	29	4	6	10	-2	6
Bernier	28	4	6	10	-5	8
Kulikov	35	3	6	9	10	14
Olesz	19	2	7	9	0	4
Stoll	22	3	5	8	4	10
Dadonov	11	2	6	8	5	6
Allen	27	2	5	7	4	25
Weaver	36	1	5	6	3	12
Garrison	27	2	3	5	3	4
Thomas	13	2	3	5	2	4
Ellerby	17	0	4	4	5	6
Hordichuk	27	1	2	3	4	37
Repik	8	1	1	2	-4	4
McArdle	5	0	0	0	0	11
Callahan	2	0	0	0	0	0
Vokoun	30	0	1	1	0	2
Clemmensen	9	0	0	0	0	0

LOS ANGELES

Player	GP	G	A	Pts	+/-	PIM
Kopitar	38	15	26	41	14	8
Brown	38	14	17	31	17	39
Williams	38	15	17	32	10	41
Johnson	38	4	22	26	-2	34
Smyth	38	14	9	23	2	23
Stoll	38	8	15	23	4	14
Doughty	32	2	18	20	13	30
Simmonds	38	8	7	15	-1	47
Handzus	38	4	9	13	-1	12
Scuderi	38	1	9	10	12	10
Richardson	34	6	3	9	-4	19
Ponikarovsky	22	3	4	7	3	12
Clifford	34	2	4	6	-8	58
Lewis	28	2	3	5	-4	4
Mitchell	15	1	4	5	7	5
Drewiske	34	0	5	5	-1	19
Harrold	17	1	3	4	3	4
Parse	5	1	3	4	5	0
Martinez	18	2	1	3	-2	12
Sturm	7	2	1	3	2	0
Moller	4	1	2	3	1	0
Westgarth	29	0	3	3	-5	59
Loktionov	7	1	1	2	-1	2
Greene	27	0	2	2	-3	34
Schenn	8	0	2	2	-1	0
Muzzin	11	0	1	1	-2	0
King	6	0	0	0	-2	2
Zeiler	4	0	0	0	-1	0
Quick	29	0	1	1	0	0
Bernier	11	0	0	0	0	0

MINNESOTA

Player	GP	G	A	Pts	+/-	PIM
Koivu	38	9	25	34	8	28
Havlat	38	8	26	34	-2	22
Burns	36	12	14	26	-2	43
Setoguchi	35	8	15	23	-4	14
Brunette	38	9	12	21	-2	8
Miettinen	33	8	12	20	-5	14
Zidlicky	30	4	16	20	0	22
Clutterbuck	37	10	5	15	-1	24
Schultz	35	3	9	12	1	24
Brodziak	38	8	3	11	-1	28
Madden	36	5	5	10	-13	4
Bouchard	15	2	6	8	-3	0
Kobasew	24	6	1	7	0	8
Latendresse	8	3	3	6	2	8
O'Sullivan	26	2	4	6	-2	2
Barker	30	1	4	5	-13	16
Nystrom	38	1	3	4	-10	22
Zanon	38	0	2	2	-2	18
Staubitz	31	0	2	2	-3	59
Falk	18	0	2	2	-1	6
Stoner	16	0	2	2	-1	24
Scandella	11	0	2	2	-1	2
Wellman	12	0	1	1	-1	4
Spurgeon	14	0	0	0	-3	2
Earl	6	0	0	0	-3	0
Kassian	4	0	0	0	-1	12
Almond	4	0	0	0	-1	0
Gillies	3	0	0	0	0	0
Peters	2	0	0	0	0	2
Backstrom	26	0	0	0	0	2
Theodore	13	0	0	0	0	0

MONTREAL

Player	GP	G	A	Pts	+/-	PIM
Plekanec	39	12	20	32	5	34
Cammalleri	39	12	16	28	6	27
Wisniewski	35	5	21	26	-17	18
Gionta	40	14	9	23	-1	6
Kostitsyn	39	10	13	23	9	16
Gomez	38	5	16	21	-7	14
Hamrlik	38	3	15	18	2	42
Pouliot	39	7	10	17	1	18
Halpern	40	6	10	16	3	19
Darche	34	6	6	12	5	8
Subban	35	3	9	12	-3	46
Spacek	40	1	11	12	2	24
Lapierre	38	5	3	8	-7	63
Moen	39	3	4	7	-5	51
Gorges	36	1	6	7	-3	18
Picard	29	3	3	6	4	8
Eller	38	2	4	6	-1	26
Pacioretty	10	2	3	5	-3	17
Pyatt	33	1	2	3	-5	2
Markov	7	1	2	3	2	4
Weber	12	0	3	3	-1	2
Gill	40	0	2	2	-8	17
Boyd	10	1	0	1	-6	2
Desharnais	1	0	0	0	-1	0
Price	36	0	1	1	0	0
Auld	5	0	0	0	0	2

NASHVILLE

Player	GP	G	A	Pts	+/-	PIM
Sullivan	34	10	10	20	4	22
Weber	38	6	14	20	-2	30
Hornqvist	35	10	8	18	-4	16
Wilson	38	9	9	18	4	6
O'Reilly	38	6	12	18	4	2
Kostitsyn	34	8	9	17	-1	8
Erat	27	5	12	17	6	14
Goc	32	7	8	15	6	4
Suter	27	2	13	15	10	18
Franson	36	5	9	14	4	14
Ward	38	4	7	11	-2	24
Dumont	38	4	7	11	2	14
Legwand	20	2	9	11	1	10
Tootoo	32	4	6	10	4	47
Klein	37	2	7	9	5	15
Bouillon	37	1	8	9	-1	20
Smithson	38	3	4	7	-2	18
O'Brien	38	2	4	6	-9	37
Spaling	31	2	1	3	-7	8
Sulzer	14	0	0	0	-6	6
Belak	9	0	0	0	-1	9
Klasen	4	0	0	0	-3	0
Svatos	2	0	0	0	-1	2
Lombardi	2	0	0	0	-1	0
Begin	2	0	0	0	-1	0
Laakso	1	0	0	0	0	0
Mueller	1	0	0	0	-1	0
Rinne	24	0	0	0	0	0
Lindback	17	0	0	0	0	0
Dekanich	1	0	0	0	0	0

NEW JERSEY

Player	GP	G	A	Pts	+/-	PIM
Elias	37	8	18	26	-11	2
Kovalchuk	37	9	11	20	-28	22
Zajac	38	6	14	20	-2	19
Arnott	38	9	8	17	-12	22
Langenbrunner	30	4	10	14	-14	16
Zubrus	38	4	9	13	-20	31
Greene	38	2	9	11	-23	8
Tedenby	22	4	5	9	-5	8
Clarkson	38	4	3	7	-18	78
Parise	12	3	3	6	-1	6
Corrente	20	0	6	6	-4	39
Taormina	17	3	2	5	-2	2
Rolston	21	2	3	5	-12	12
Vasyunov	17	1	4	5	0	0
T

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	39	24	10	2	3	131	104	53	12-6-0-2	12-4-2-1	7-3-0-0	W1
d-Tampa Bay	39	23	11	3	2	121	122	51	12-3-1-1	11-8-2-1	8-1-1-0	W2
d-Boston	38	21	11	1	5	110	85	48	9-6-1-2	12-5-0-3	5-3-0-2	W1
Pittsburgh	40	25	12	2	1	127	94	53	13-7-1-0	12-5-1-1	5-4-0-1	L2
Washington	40	23	12	2	3	120	106	51	14-4-1-3	9-8-1-0	5-3-1-1	W3
Atlanta	42	21	15	2	4	131	125	48	11-7-1-2	10-8-1-2	4-4-1-1	W1
NY Rangers	40	22	15	2	1	119	103	47	9-8-1-1	13-7-1-0	5-3-1-1	L2
Montreal	40	21	16	3	0	100	96	45	12-5-3-0	9-11-0-0	3-6-1-0	L1
Carolina	37	18	15	0	4	108	111	40	8-7-0-1	10-8-0-3	6-3-0-1	W3
Ottawa	40	16	19	4	1	90	121	37	9-11-1-1	7-8-3-0	4-4-2-0	L3
Florida	36	17	17	1	1	98	92	36	8-6-1-1	9-11-0-0	4-4-1-1	W1
Buffalo	38	16	18	4	0	105	114	36	9-10-1-0	7-8-3-0	5-5-0-0	W2
Toronto	38	14	20	2	2	90	113	32	8-10-2-1	6-10-0-1	4-6-0-0	L1
NY Islanders	36	11	19	3	3	84	118	28	7-7-1-2	4-12-2-1	6-3-0-1	W2
New Jersey	38	10	26	1	1	68	122	22	6-11-1-1	4-15-0-0	2-8-0-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	37	24	8	3	2	127	92	53	13-3-1-1	11-5-2-1	8-1-1-0	W5
d-Detroit	39	24	10	4	1	133	110	53	13-5-3-1	11-5-1-0	5-3-2-0	L2
d-Dallas	40	23	13	1	3	114	113	50	12-6-1-2	11-7-0-1	5-3-1-1	W1
San Jose	39	21	13	4	1	115	108	47	10-5-2-1	11-8-2-0	6-3-0-1	W2
Anaheim	42	21	17	2	2	109	119	46	13-6-0-1	8-11-2-1	6-4-0-0	W3
Los Angeles	38	22	15	1	0	113	92	45	13-4-1-0	9-11-0-0	5-5-0-0	L3
St. Louis	38	20	13	2	3	101	104	45	14-5-0-2	6-8-2-1	6-4-0-0	L1
Colorado	39	20	14	5	0	132	125	45	10-7-2-0	10-7-3-0	5-4-1-0	L2
Nashville	38	19	13	4	2	95	93	44	9-4-3-2	10-9-1-0	5-5-0-0	W2
Chicago	39	20	16	2	1	121	110	43	12-9-0-0	8-7-2-1	4-5-1-0	L3
Columbus	39	20	16	2	1	101	114	43	11-9-0-1	9-7-2-0	5-5-0-0	L1
Phoenix	38	17	13	5	3	106	113	42	7-5-2-2	10-8-3-1	3-5-0-2	L2
Minnesota	38	18	15	1	4	98	112	41	10-9-0-2	8-6-1-2	6-3-0-1	W1
Calgary	39	18	18	1	2	105	110	39	11-7-0-0	7-11-1-2	6-3-0-1	W4
Edmonton	37	12	18	1	6	95	126	31	6-10-1-2	6-8-1-3	2-6-0-2	L6

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Boston 2 Toronto 1
Carolina 4 Florida 3 (OT)
N.Y. Islanders at Calgary
Chicago at Los Angeles
Vancouver at San Jose
Sunday's results
Vancouver 2 Colorado 1
Atlanta 4 Montreal 3 (OT)
Anaheim 2 Chicago 1
Dallas 4 St. Louis 2
Florida 3 N.Y. Rangers 0
Minnesota 6 Phoenix 5 (OT)
Nashville 4 Columbus 1
Philadelphia 3 Detroit 2
Tonight's games
(All times Eastern)
Minnesota at New Jersey, 7 p.m.
Tampa Bay at Washington, 7 p.m.
Buffalo at Colorado, 9 p.m.
Detroit at Edmonton, 9 p.m.
Columbus at Phoenix, 9 p.m.

BRUINS 2, LEAFS 1

First Period
1. Toronto, Grabovski 14 (Schenn) 14:08
Penalty — Komisarek Tor (interference) 2:14.
Second Period
2. Boston, Horton 12 (Seidenberg) 7:56
3. Boston, Savard 2 (Horton, Lucic) 15:30
Penalties — Seidenberg Bos (cross-checking) 0:20, Savard Bos, MacArthur Tor (roughing) 10:35.
Third Period
No Scoring.
Penalties — None.
Shots

Boston	7	17	9	33
Toronto	11	8	18	37

Goal — Boston: Rask (W,3-7-1); Toronto: Reimer (L,1-1-0). **Power plays (goals-chances)** — Boston: 0-1; Toronto: 0-1.
Att. — 19,052 (18,819) at Toronto.

SCORING LEADERS

	G	A	PT
Crosby, Pgh	32	33	65
Stamkos, TB	31	25	56
St. Louis, TB	16	34	50
H.Sedin, Vcr	9	40	49
D.Sedin, Vcr	20	27	47
B.Richards, Dal	18	27	45
Perry, Ana	21	23	44
Zetterberg, Det	14	30	44
Eriksson, Dal	16	27	42
Ovechkin, Wash	14	28	42
Byfuglien, Atl	16	25	41
Kopitar, LA	15	26	41
Duchene, Col	15	24	39
Datsyuk, Det	12	27	39
Sharp, Chi	21	17	38
E.Staal, Car	18	19	37
Getzlaf, Ana	13	24	37
M.Richards, Pha	13	24	37
Backstrom, Wash	11	26	37
Lidstrom, Det	11	26	37
P.Stastny, Col	15	21	36
Semin, Wash	18	17	35
Giroux, Pha	16	19	35
Iginla, Cal	16	19	35
Heatley, SJ	15	20	35
Roy, Buf	10	25	35
J.Thornton, SJ	10	25	35
Kesler, Vcr	19	15	34
Clowe, SJ	10	24	34
Selanne, Ana	10	24	34
M.Koivu, Minn	9	25	34
Havlat, Minn	8	26	34
Enstrom, Atl	7	27	34
D.Brown, LA	16	17	33
Toews, Chi	15	18	33
Malkin, Pgh	14	19	33
Letang, Pgh	6	27	33
J.Carter, Pha	16	16	32
J.Williams, LA	15	17	32
Ladd, Atl	13	19	32
Plekanec, Mtl	12	20	32
Hejduk, Col	11	21	32
Ribeiro, Dal	6	26	32
Nash, Clb	18	13	31
Franzen, Det	17	14	31
Tanguay, Cal	10	21	31
Briere, Pha	18	12	30
Dubinsky, NYR	15	15	30
Neal, Dal	14	16	30
Backes, StL	10	20	30
Malone, TB	10	20	30
Visnovsky, Ana	7	23	30
Liles, Col	5	25	30
Marleau, SJ	14	15	29
MacArthur, Tor	10	19	29
Yandle, Pho	6	23	29
Ryan, Ana	15	13	28

Not including last night's games

HOCKEY

IIHF WORLD JUNIOR CHAMPIONSHIP

(All times Eastern)
RELEGATION BRACKET
All Games at Lewiston, N.Y.

	GP	W	LOT	OTL	GF	GA	Pt
Czech Republic	2	2	0	0	5	2	6
Slovakia	2	1	0	1	0	7	1	5
x-Germany	2	0	1	0	1	3	5	1
x-Norway	2	0	2	0	0	0	7	0

x — relegated to B-pool.
Sunday's results
Czech Republic 3 Germany 2
Slovakia 5 Norway 0
Today's games
Germany vs. Norway, 3:30 p.m.
Slovakia vs. Czech Republic, 7:30 p.m.
CHAMPIONSHIP BRACKET
All Games at Buffalo, N.Y.
Yesterday's results
Semifinals
Russia 4 Sweden 3 (SO)
Canada 4 U.S. 1
Sunday's results
Quarter-finals
Canada 4 Switzerland 1
Russia 4 Finland 3 (OT)
Tonight's game
Fifth Place
Finland vs. Switzerland, 7:30 p.m.
Tomorrow's games
Bronze Medal
Sweden vs. U.S., 3:30 p.m.
Gold Medal
Russia vs. **Canada**, 7:30 p.m.

CANADA 4, U.S. 1

First Period
1. Canada, Hamilton 4 (Eakin) 2:38
2. Canada, Howden 2 (Connolly, Gudbranson) 13:54
Penalties — None.
Second Period
3. Canada, Johansen 3 (Ellis, Barrie) 5:59 (pp)
Penalties — Howden Cda (high-sticking) 2:33, Coyle US (high-sticking) 4:33, Wey US (hooking) 4:58, de Haan Cda (slashing) 16:18.
Third Period
4. Canada, Kassian 2 (de Haan) 6:02
5. U.S., Brown 2 (Morin, Leddy) 9:37 (pp)
Penalties — Ashton Cda (slashing) 3:54, Johansen Cda (hooking) 8:54, Coyle US (delay of game) 10:50
Shots

Canada	12	16	13	41
U.S.	5	12	6	23

Goal — Canada: Visentin (W,3-0); U.S.: Campbell (L,4-1). **Power plays (goals-chances)** — Canada: 1-3; U.S.: 1-4.
Referees — Martin Frano, Jari Levonen. **Linesmen** — Mikko Kekalainen, Felix Winnekens.
Attendance — N.A at Buffalo.

SOCCER

ENGLAND

LEAGUE CHAMPIONSHIP

Yesterday's results
Barnsley 2 Coventry 1
Crystal Palace 1 Preston 0
Derby 0 Millwall 0
Ipswich 0 Nottingham Forest 1
Leicester 2 Swansea 1
Middlesbrough 1 Norwich 1
Portsmouth 2 Hull 3
Queens Park Rangers 2 Bristol City 2
Reading 2 Burnley 1
Scunthorpe 1 Watford 2
Sheffield United 2 Doncaster 2

SCOTLAND

PREMIER LEAGUE

Yesterday's result
St. Mirren 0 Kilmarnock 2

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
NEW YORK YANKEES — Agreed to terms with LHP Pedro Feliciano on a two-year contract.
TEXAS RANGERS — Agreed to terms with RHP Brandon Webb and LHP Arthur Rhodes on a one-year contracts. Designated C Max Ramirez and LHP Clay Rapada for assignment.

NATIONAL LEAGUE

SAN DIEGO PADRES — Agreed to terms with INF/OF Brad Hawpe on a one-year contract.

FOOTBALL

NFL

CINCINNATI BENGALS — Signed FB James Develin, OT Andrew Gardner, S Cary Harris, G Otis Hudson and DE James Ruffin from the practice squad.
CLEVELAND BROWNS — Fired coach Eric Mangini.
DALLAS COWBOYS — Agreed to terms with G Travis Bright. Signed WR Troy Bergeron, T Robert Brewster, DE Alex Daniels, WR Jeff Moturi, TE Jason Pociask, LB Kelvin Smith, CB Ross Weaver to their reserve future list.
MINNESOTA VIKINGS — Reached agreement with interim coach Leslie Frazier to become permanent coach.

UFL

OMAHA NIGHTHAWKS — Fired coach Jeff Jagodzinski.

HOCKEY

NHL

PHILADELPHIA FLYERS — Waived G Michael Leighton.
PHOENIX COYOTES — Assigned F Mikkel Boedker to San Antonio (AHL).
PITTSBURGH PENGUINS — Signed D Deryk Engelland to a three-year contract.
TAMPA BAY LIGHTNING — Reassigned G Jaroslav Janus from Norfolk (AHL) to Florida (ECHL).

AHL

ABBOTSFORD HEAT — Assigned F Hugo Carpentier and D Giffen Nyren to Utah (ECHL).
SYRACUSE CRUNCH — Recalled F Eric Lampe and F Josh Brittain from Elmira (ECHL).

ECHL

ECHL — Fined Elmira LW Jon Mirasty and Kalamazoo F Justin Taylor undisclosed amounts for their actions during Friday's game at Kalamazoo.

FOOTBALL

NCAA

BOWL GAMES

(All times Eastern)
Last night's result
ORANGE BOWL
At Miami
Stanford vs. Virginia Tech
Tonight's game
SUGAR BOWL
At New Orleans
Ohio State (11-1) vs. Arkansas (10-2), 8 p.m.
Thursday's game
GODADDY.COM BOWL
At Mobile, Ala.
Miami (Ohio) (9-4) vs. Middle Tennessee (6-6), 8 p.m.
Friday's game
COTTON BOWL
At Arlington, Texas
Texas A&M (9-3) vs. Louisiana State (10-2), 8 p.m.
Saturday's game
BBVA COMPASS BOWL
At Birmingham, Ala.
Pittsburgh (7-5) vs. Kentucky (6-6), Noon

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	26	7	.788	—
d-Miami	27	9	.750	½
d-Chicago	22	10	.688	3½
Orlando	22	12	.647	4½
Atlanta	22	14	.611	5½
New York	19	14	.576	7
Indiana	14	18	.438	11½
Milwaukee	13	18	.419	12
Philadelphia	13	20	.394	13
Charlotte	11	21	.344	14½
Detroit	11	22	.333	15
Toronto	11	22	.333	15
New Jersey	9	25	.265	17½
Washington	8	24	.250	17½
Cleveland	8	26	.235	18½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	29	4	.879	—
Dallas	25	8	.758	4
d-L.A. Lakers	23	11	.676	6½
d-Utah	23	11	.676	6½
Oklahoma City	23	12	.657	7
Denver	19	13	.594	9½
New Orleans	20	14	.588	9½
Portland	18	16	.529	11½
Houston	16	17	.485	13
Memphis	15	19	.441	14½
Phoenix	14	18	.438	14½
Golden State	13	21	.382	16½
L.A. Clippers	10	24	.294	19½
Minnesota	9	26	.257	21
Sacramento	7	24	.226	21

d-division leader
Last night's results
Miami 96 Charlotte 82
Orlando 110 Golden State 90
Boston 96 Minnesota 93
Philadelphia at New Orleans
Houston at Denver
Detroit at Utah
Sunday's results
New York 98 Indiana 92
Atlanta 107 L.A. Clippers 98
Boston 93 Toronto 79
Dallas 104 Cleveland 95
Portland 100 Houston 85
Sacramento 94 Phoenix 89
Memphis 104 L.A. Lakers 85
Tonight's games
(All times Eastern)
Milwaukee at Miami, 7:30 p.m.
San Antonio at New York, 7:30 p.m.
Toronto at Chicago, 8 p.m.
Oklahoma City at Memphis, 8 p.m.
Portland at Dallas, 8:30 p.m.
Atlanta at Sacramento, 10 p.m.
Detroit at L.A. Lakers, 10:30 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	31	283	245	864	27.9
Stoudemire, NYK	33	329	207	871	26.4
Ellis, GOL	33	315	154	839	25.4
Bryant, LAL	34	300	217	864	25.4
Wade, MIA	33	279	223	810	24.5
James, MIA	35	288	233	855	24.4
Nowitzki, DAL	29	260	153	700	24.1
Rose, CHI	31	282	128	744	24.0
Anthony, DEN	25	206	165	592	23.7
Gordon, LAC	32	249	197	747	23.3
Martin, HOU	33	219	249	759	23.0
Williams, UTA	34	246	206	756	22.2
Westbrook, OKC	35	262	232	766	21.9
Beasley, MIN	32	278	114	699	21.8
Griffin, LAC	34	284	167	739	21.7
Bargnani, TOR	27	217	106	572	21.2
Granger, IND	31	228	133	655	21.1
Howard, ORL	31	228	199	655	21.1
Gay, MEM	32	256	112	668	20.9
Love, MIN	34	236	192	709	20.9
Scola, HOU	33	270	107	647	19.6
Aldridge, POR	34	265	131	664	19.5
Pierce, BOS	32	211	141	605	18.9
Randolph, MEM	30	230	103	566	18.9
Lopez, NJN	34	229	183	641	18.9
Ginobili, SAN	33	190	156	617	18.7
Gasol, LAL	34	248	139	635	18.7
West, NOR	33	250	113	615	18.6
Bosh, MIA	35	249	151	652	18.6
Jackson, CHA	30	193	101	549	18.3
Felton, NYK	33	215	104	591	17.9
Deng, CHI	32	211	98	570	17.8
Parker, SAN	33	241	93	583	17.7

Not including last night's games

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
y-New England	14	2	0	.875	518	313
x-N.Y. Jets	11	5	0	.688	367	304
Miami	7	9	0	.438	273	333
Buffalo	4	12	0	.250	283	425

SOUTH

	W	L	T	Pct	PF	PA
y-Indianapolis	10	6	0	.625	435	388
Jacksonville	8	8	0	.500	353	419
Houston	6	10	0	.375	390	427
Tennessee	6	10	0	.375	356	339

NORTH

	W	L	T	Pct	PF	PA
y-Pittsburgh	12	4	0	.750	375	232
x-Baltimore	12	4	0	.750	357	270
Cleveland	5	11	0	.313	271	332
Cincinnati	4	12	0	.250	322	395

WEST

	W	L	T	Pct	PF	PA
y-Kansas City	10	6	0	.625	366	326
San Diego	9	7	0	.563	441	322
Oakland	8	8	0	.500	410	371
Denver	4	12	0	.250	344	471

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
y-Philadelphia	10	6	0	.625	439	377
N.Y. Giants	10	6	0	.625	394	347
Dallas	6	10	0	.375	394	436
Washington	6	10	0	.375	302	377

SOUTH

	W	L	T	Pct	PF	PA
y-Atlanta	13	3	0	.813	414	288
x-New Orleans	11	5	0	.688	384	307
Tampa Bay	10	6	0	.625	341	318
Carolina	2	14	0	.125	196	408

NORTH

	W	L	T	Pct	PF	PA
y-Chicago	11	5	0	.688	334	286
x-Green Bay	10	6	0	.625	388	240
Detroit	6	10	0	.375	362	369
Minnesota	6	10	0	.375	281	348

WEST

	W	L	T	Pct	PF	PA
y-Seattle	7	9	0	.438	310	407
St. Louis	7	9	0	.438	289	328
San Francisco	6	10	0	.375	305	346
Arizona	5	11	0	.313	289	434

x — clinched playoff berth.
y — clinched division title.

WEEK 17

Sunday's results
Atlanta 31 Carolina 10
Baltimore 13 Cincinnati 7
Dallas 14 Philadelphia 13
Detroit 20 Minnesota 13
Green Bay 10 Chicago 3
Houston 34 Jacksonville 17
Indianapolis 23 Tennessee 20
New England 38 Miami 7
N.Y. Giants 17 Washington 14
N.Y. Jets 38 Buffalo 7
Oakland 31 Kansas City 10
Pittsburgh 41 Cleveland 9
San Diego 33 Denver 28
San Francisco 38 Arizona 7
Seattle 16 St. Louis 6
Tampa Bay 23 New Orleans 13
End of Regular Season

BASKETBALL

NCAA

AP TOP 25

Last night's results
No. 10 Kentucky 86 Pennsylvania 62
St. John's 61 **No. 13** Georgetown 58
No. 16 Texas A&M 66 Nicholls State 55
No. 17 Kansas State vs. Savannah State
No. 18 Michigan State 65 Northwestern 62

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White says GSP is a go for fight in T.O.

Quebec native tops bill for UFC's first Ontario event

Welterweight champion Georges St-Pierre will headline UFC 129, the UFC's debut in Toronto.

UFC president Dana White confirmed to The Canadian Press that the 29-year-old from Montreal will defend his 170-pound title against Jake Shields at the Rogers Centre on April 30.

St-Pierre (21-2) last fought at UFC 123 in Montreal on Dec. 11, when he won a unanimous decision over Josh Koscheck.

Edgar has answer

- Frankie (The Answer) Edgar survived a first-round beating to retain his lightweight title via a draw with Gray (The Bully) Maynard at UFC 125 on Saturday night.

Shields (26-4-1) is coming off a split decision win over Martin (The Hitman) Kampmann at UFC 121 on Oct. 23.

The UFC had been looking at having heavyweight champion Cain Velasquez meet Brazilian banger Junior Dos Santos in Toronto, but Velasquez has been sidelined by a torn rotator cuff.

While White confirmed GSP-Shields, bout agreements have yet to be signed, another source said. But that appears the next step.

THE CANADIAN PRESS

FRAZER HARRISON/GETTY IMAGES

UFC welterweight champion Georges St-Pierre.

BULLS RAPTORS

- **Time:** 8 p.m.
  TV: Rogers Sportsnet
  Radio: FAN 590

Losers of 11 of their last 16 games, the Raptors tip off a three-game road swing in Chicago tonight, facing a Bulls squad that has won 13 of 15 while sporting a 14-3 record at home.

Centre Andrea Bargnani is expected back from a four-game absence to face Carlos Boozer and Derrick Rose. Raptors swingman DeMar DeRozan has been heating up lately, averaging 24.5 points in his last four games.

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□ 33 YEARS OF EXPERIENCE.
□ I AM RIGHT WHERE OTHERS FAIL.
□ "ANY PROBLEM HAS SOLUTION"
□ "ANY ILLNESS HAS HEALING"
Before end of the year ,I got a raise and job promotion. Thanks shaman for withdrawing all bad luck and give me the prosperity and hope to go forward in my life. Samanta
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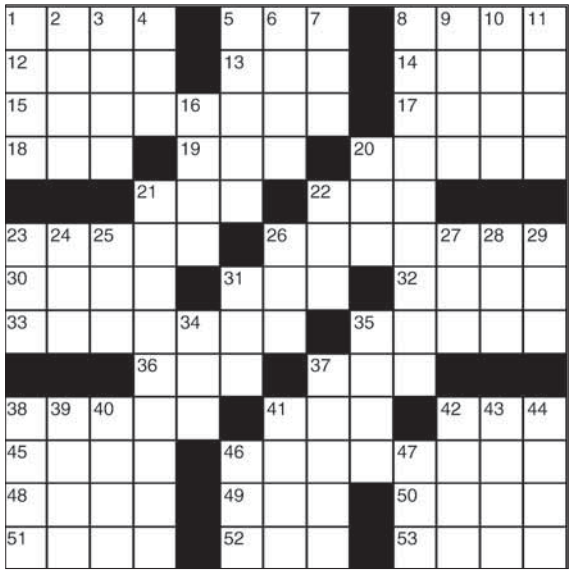
Crossword



Across

1 Glitz
5 "Phooey!"
8 Dame Myra at the piano
12 Top-notch
13 — out a living
14 Sheltered
15 Lover of classical music
17 Mountain goat
18 Greek H
19 Hostel
20 Appomattox Court House VIP
21 Crafty
22 Urban transport
23 Possibly will
26 Mid-May honorees
30 Jai —
31 Transmit electronically
32 Notion
33 Like the Talmud
35 Bride's partner
36 Ducats, in "Variety"
37 Healthy
38 Leans
41 Cowpoke's sweetie
42 Discoverer's cry
45 Neighborhood
46 Severe downturn
48 Creche trio
49 "— Town"
50 Command to Fido
51 Organic compound
52 Thickness
53 Vortex

Down

1 Dorothy's last name
2 Swag
3 Actress Paquin
4 "Family Guy" daughter
5 "— and Cecil"
6 Related
7 That girl
8 Garment of penance
9 Exile isle
10 Witnessed
11 Fourth canonical hour
16 Sword handle
20 Eviscerate
21 Young and immature
22 Carton
23 Jongg preceder
24 — -de-France
25 Talk on and on
26 Apple product
27 Tokyo's old name
28 — Speedwagon
29 Muppet eagle
31 Repair
34 "— for Alibi"
35 Quarter pint
37 Tinker Bell, e.g.
38 Docile
39 Tehran's land
40 Toy block name
41 France, once
42 Newspaper pg.
43 Ran like the wind
44 Sans siblings
46 Upper surface
47 7-Down, subjectively

▶ Friday's answer

Sudoku

		7	3			6	4	
8						2		3
	6			7				1
	7				3	1		
			2		5			
		4	7				9	
4				8			6	
5		3						2
	9	6			2	5		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

2	3	5	8	6	4	1	7	9
9	4	7	5	2	1	8	3	6
8	1	6	7	3	9	4	5	2
3	5	8	1	9	7	6	2	4
4	9	1	2	5	6	7	8	3
7	6	2	4	8	3	9	1	5
6	7	9	3	1	5	2	4	8
1	2	3	6	4	8	5	9	7
5	8	4	9	7	2	3	6	1

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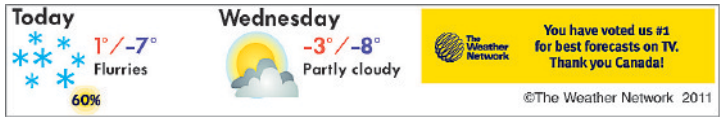
To My Squishy, There's not a starfish in the world who loves you more. You light up my life like a deep sea lantern fish. Coo coo cachu, I love you. **XOXOX INKY**

Morning tiiiiiiiime! Morning tiiiime! Morning time morning time morning time morning tiiiiiiiime! I miss you so much I can't wait till you get back, I love you!! :) **YOUR GIRL**

J...You make my heart smile! When I look into your eyes I see hope, when I listen to your voice I hear wisdom, and when I lie in your arms I feel LOVED!! Thank you x infinity! 1-4-3 Babe **-MANY KISSES...M**



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20 You can expect something pretty extraordinary to occur on the work front over the next few days. But why not go out and make it happen yourself? You're a doer. So do it!

♉ Taurus April 21-May 21 Today's eclipse falls in the area of your chart that governs your belief system, so it is of the utmost importance that you keep a clear head and make sure you have a firm hold on all of the facts.

♊ Gemini May 22-June 21 Cosmic activity in one of the more sensitive areas of your chart gives you a negative view of events, but what happens today will confirm that you are loved and admired.

♋ Cancer June 22-July 22 A solar eclipse in your opposite sign means that loved ones will be full of themselves today. There may be times when you wish they would tone their act down. They're only having fun. You're allowed to have fun, too.

♌ Leo July 23-Aug.23 The most important thing now is your health. If you feel you are doing too much, you must call a halt. You don't have to work harder just because someone else says you must.

♍ Virgo Aug. 24- Sept. 22 You'll be endowed with huge self-belief and reserves of energy. Whatever you put your mind to today, and tomorrow, is sure to be a success.

♎ Libra Sept. 23-Oct. 23 It's the perfect day to take care of domestic issues. You will not only have the desire to do something about them, but loved ones will be co-operative.

♏ Scorpio Oct. 24-Nov. 22 The more you are on the move today, the more likely it is you will meet people who can be of some use to you socially or in your career. They'll also be more fun than you expected.

♐ Sagittarius Nov. 23-Dec. 21 What happens today will remind you that money must be kept in its place. Being able to pay your way is important, of course, but more important by far is that you smile while you are doing it.

♑ Capricorn Dec. 22-Jan. 20 Today's solar eclipse in your sign gives you a massive advantage over your rivals and if you are smart you will take full advantage of it. There will be times in 2011 when it gets even better.

♒ Aquarius Jan. 21-Feb. 18 You have nothing to fear and everything to look forward to. It may sometimes seem as if you are alone in the world but that is just an illusion and what happens today will highlight that fact.

♓ Pisces Feb. 19-March 20 You must take a leadership role in group activities over the next few days. The world needs people like you, who are prepared to act. **SALLY BROMPTON**

Caption contest

RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

HASSAN AMMAR/ THE ASSOCIATED PRESS

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AIR CANADA VACATIONS

Deals of the week

Use your mobile application

NON-STOP FLIGHTS

CUBA

Holguin
Sirenis Playa Turquesa • 4 ★
All-Inclusive • Superior rm.
Jan. 8 - 22 • 1 wk.
$569
+Taxes & other fees: $160
Departure tax: 25 CUC cash, paid locally
Please add $75 for Sat. departures

Varadero
Sirenis La Salina Varadero Beach Resort • 4 ★
All-Inclusive • Standard rm.
Jan. 7 - 24 • 1 wk.
$669
+Taxes & other fees: $160
Departure tax: 25 CUC cash, paid locally
Please add $50 for Sat. & Sun. departures

DOMINICAN REPUBLIC

Samana
Bahia Samana Roulette • 4 ★
All-Inclusive
Run of the house
Jan. 8 - 30 • 1 wk.
$749
+Taxes & other fees: $176

Punta Cana
Occidental Grand Punta Cana • 4 ★
All-Inclusive • Junior suite
Jan. 9 - 11 & 14 - 16 • 1 wk.
$799
+Taxes & other fees: $176

MEXICO

Ixtapa/Zihuatanejo
Barceló Ixtapa Beach • 4 ★
All-Inclusive • Superior rm.
Jan. 29 • 1 wk.
PRIVILEGES
$969
+Taxes & other fees: $260

Cancun/Riviera Maya
Grand Sirenis Riviera Maya Hotel & Spa • 5 ★
All-Inclusive • Junior suite
Feb. 14 • 1 wk.
$1059
+Taxes & other fees: $252

COSTA RICA

Liberia
Occidental Grand Papagayo • 4 1/2 ★
All-Inclusive • Deluxe rm.
Jan. 13 & 20 • 1 wk.
$1299
+Taxes & other fees: $87
Departure tax: 26 USD cash, paid locally

TURKS & CAICOS

Royal West Indies Resort • 4 ★
Studio botanical view
Jan. 10, 12, 17 • 1 wk.
$1399
+Taxes & other fees: $140

ARUBA

Occidental Grand Aruba • 4 1/2 ★
All-Inclusive • Deluxe rm.
Jan. 16 & 23 • 1 wk.
$1999
+Taxes & other fees: $179

USA

Orlando
Coco Key Hotel and Water Resort • 4 ★
Double guest rm.
Jan. 18 • 1 wk.
$379
+Taxes & other fees: $114

Las Vegas
MGM Grand Hotel & Casino • 4 1/2 ★
Hotel rm. - grand tower
Feb. 1 & 6 • 3 nts.
$419
+Taxes & other fees: $118

CRUISE

Princess Cruises[1]
Caribbean Princess®
Southern Caribbean Cruise
Flight to San Juan
Interior stateroom, cat. K
Mar. 27 • 1 wk.
$1039
+Taxes & other fees: $119

SOL MELIÁ HOTELS & RESORTS

MEXICO

Puerto Vallarta/ Riviera Nayarit
Meliá Puerto Vallarta • 4 ★
All-Inclusive
Deluxe garden view rm.
Jan. 26 • 1 wk.
PRIVILEGES
$1219
+Taxes & other fees: $130

Cancun/Riviera Maya
ME Cancun • 4 1/2 ★
All-Inclusive
Deluxe lagoon view rm.
Feb. 14 • 1 wk.
PRIVILEGES
$1929
+Taxes & other fees: $252

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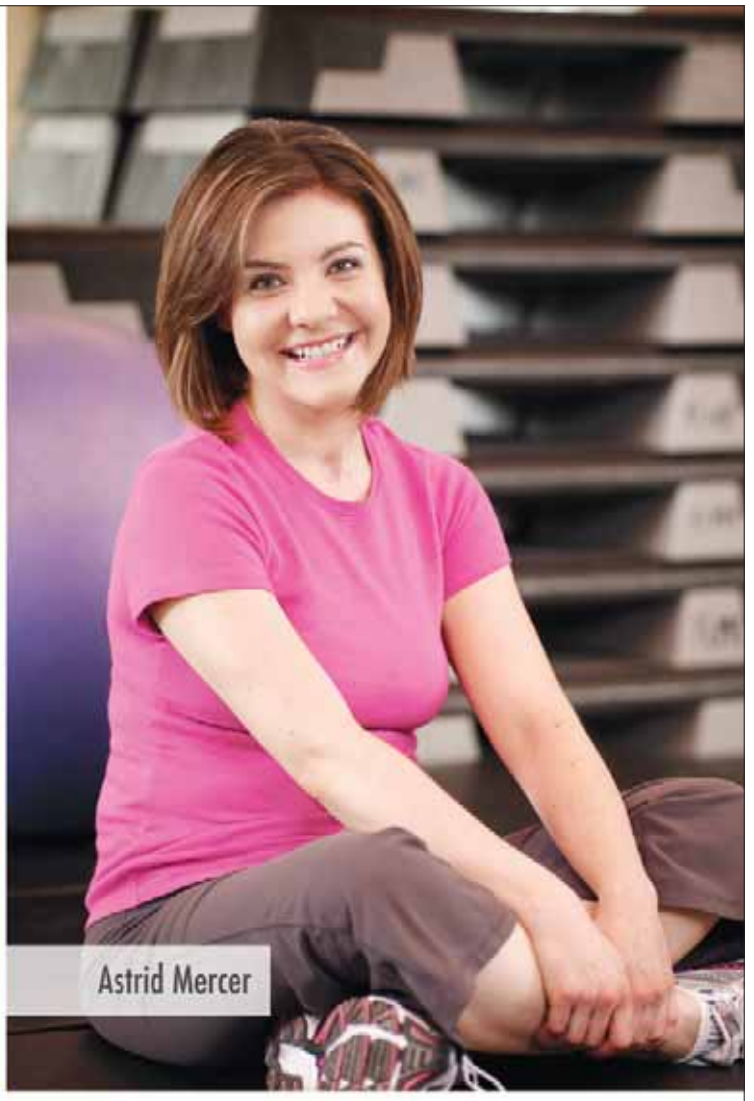
GEORGE BROWN COLLEGE

Courses that breathe life into a new career

"I have recommended the Classical Yoga Instruction Certificate to others looking to get into the practice and will continue to do so. In fact, I often recommend Continuing Education courses at George Brown."



Astrid Mercer was an executive assistant interested in a new career. She quickly realized her true passion was yoga, which she had practiced for years. Her priority then became finding the training that would help her make the change. The first place she looked was Continuing Education at George Brown College. Astrid had taken courses through George Brown before and found them to be contemporary, relevant and easy to get to. So she was thrilled to find the Classical Yoga Instruction Certificate. Not only were the courses practical for her new career but she found that what she learned enhanced her daily life. Astrid finished the certificate in August 2010 and plans to open her own studio.

Read more stories of continuing inspiration in our newest course guide. There, you can also browse the courses and certificates we offer. Astrid found success within our Lifestyle and Special Interest area of interest. Find the areas that interest you.

Pick up your free copy of the course guide at Gateway Newstands in TTC and GO stations.

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